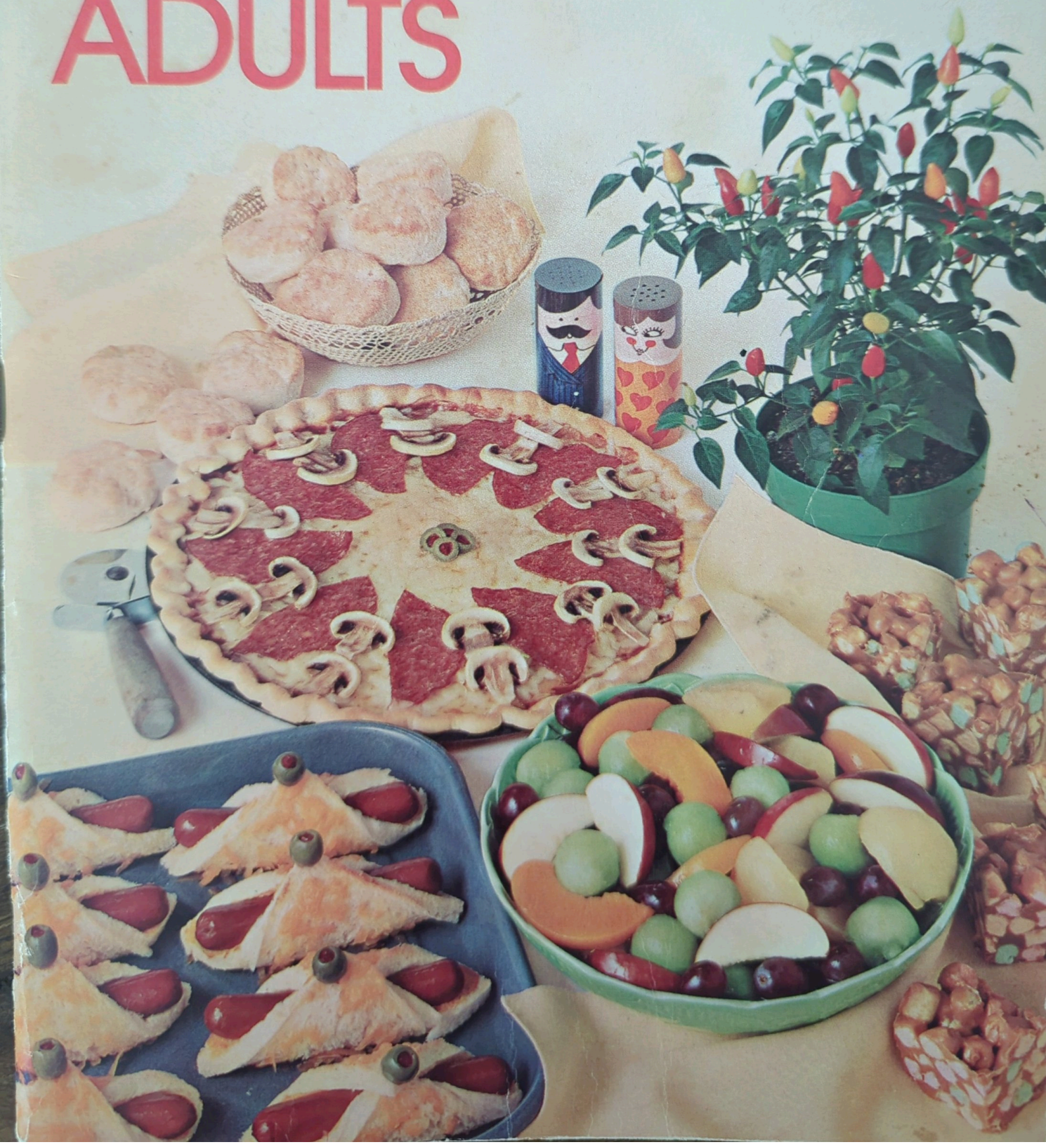
RECIPES FOR YOUNG ADULTS



Compliments of Pres. Alpha Gam

Recipes for Young Adults

Copies of Recipes for Young Adults
available from
THE B.C. SUGAR REFINING CO. LTD.
P. O. Box 2150,
VANCOUVER 3, B.C.

First Printing May, 1973 — 20,000 Copies
Second Printing December, 1973 — 20,000 Copies
Third Printing November, 1975 — 20,000 Copies
Fourth Printing July, 1977 — 30,000 Copies

printed by

Friesen Printers
Altona, Manitoba, Canada R0G 0B0

The Early History of Sugar

The history of sugar has its origin in the early days of man's cilivization. It is believed to have begun in the islands of the Pacific hundreds of years before Christ. Ancient conquerors like Alexander the Great and the Moors brought it to the Mediterranean countries from India and Asia. On his second voyage in 1493 Columbus took the plant to the New World and by the seventeenth century tropical America became the world's largest sugar producing area. The production of sugar from beets began in France in the early 1800's when Napoleonic France found itself cut off from the Caribbean supplies of sugar by the British blockade. Since that time, sugar beet farming has spread to all parts of the Temperate Zone. Today's production of sugar in the world is approximately two thirds cane and one third beet.

Where Does Sugar Come From?

Green plants make sugar which is the foundation of all life on earth. The process used by green plants is called "Photosynthesis" or "building with light." It depends on combining water (H_2O) from the soil and carbon dioxide (CO_2) from the air by the catalyzing power of the green pigment "Chlorophyll" when the sun strikes the plant's leaves. This forms units of carbohydrates which joined together make sugar ($C_{12}H_{22}O_{11}$).

All other food substances such as protein and oil are built by plants directly or indirectly from these units of sugar. Without green plants animals would starve and so would we. Thus we can honestly say that sugar is the foundation of life.

How and Where is Commercial Sugar Grown?

The two plants that yield most of the sugar you eat are sugar cane and sugar beet. The cane looks like heavy bamboo and is grown in tropical climates. The sugar beet grows best in a temperate climate, and large quantities are harvested every year on the Canadian prairies.

Two-thirds of the world's supply of sugar comes from sugar cane grown in such warm, moist countries as West Indies, Hawaii, Philippines, Australia, Fiji, South Africa and India. The cane is actually a giant grass which stores sugar in its stalk.

Planting the cane is something like planting potatoes. Long furrows are made in the deeply plowed soil. The planters lay pieces of cane — each a foot or two long with two or three buds on it — in the ground and cover them with earth. The plants grow up from the buds and mature in from 12 to 18 months when they're about 10 to 15 feet in height.

In the hot, dry season the tall stalks are cut down by machine or with a heavy knife called a machete. The cane is stripped of its leaves and loaded into carts, trucks, or railroad cars, and taken to the mill.

From the stubble that is left after each stalk is cut off grow the new plants, called ratoons. Because of this, the fields have to be replanted only once in a long while. One such planting on virgin soil is often sufficient to produce crops annually for 10 to 15 years.

Contents

		Page
1.	Abbreviations, Substitutions and Equivalents, Oven Temperatures, Measuring Instructions	6
2.	Cookery Terms You Should Know	7
3.	General Rules for Tablesetting and Table Service	8
4.	Beverages	9
5.	Fruit	11
6.	Soups	12
7.	Salads and Salad Dressings	14
8.	Eggs	17
9.	Cheese Dishes	21
10.	Vegetables	22
11.	Vegetable Cookery Timetable	24, 25
12.	Luncheon and Supper Dishes	27
13.	Main Dish Sauces	32
14.	Meat	34
15.	Fish	42
16.	Poultry	46
17.	Desserts	47
18.	Dessert Sauces	54
19.	Cereals and Flour Mixtures	56
20.	Cakes and Frostings	65
21.	Cookies and Small Cakes	68
22.	Pastry	73
23.	Yeast Mixtures	75
24.	Party Suggestions	78
25.	Candy	81
26.	Deluxe Party Fare	82
27.	Preservation of Food	86
28.	Rules for Canning Fruits and Vegetables	88
29.	Jelly and Marmalade	91
30.	Laundry	92
31.	Stain Removal	99
32.	Guide for Selecting Pots and Pans	101

Abbreviations

tsp. or t.—teaspoon
tbsp. or T.—tablespoon
c.—cup
pt.—pint
qt.—quart
oz.—ounce
lb. or #—pound
pkg.—package
hr.—hour
°—degree
f.g.—few grains
f.d.—few drops

Substitutions and Equivalents

3 tsp. = 1 tbsp.
2 tbsp. liquid = 1 fluid oz.
1 c. pastry flour = 1 c. less 2 tbsp. all-purpose flour
1 cup sour milk — use ⅞ c. sweet milk plus 2 tbsp. vinegar
1 tbsp. cornstarch (for thickening) — use 2 tbsp. flour
1 oz. chocolate — use 3 tbsp. cocoa and ¾ tbsp. fat
16 tbsp. = 1 c.
1 lb. butter = 2 cups
1 c. uncooked rice = 3 c. cooked
1 c. cream = 3 c. whipped cream
Juice of 1 lemon = 3 tbsp.
1 Imperial pint = 2½ cups (used in Canada)
1 Standard pint (wine measure) = 2 cups (used in U.S.A.)
2¼ cups white granulated sugar = 1 lb.
2½ to 3 cups brown (packed) sugar = 1 lb.
3⅓ cups sifted icing sugar = 1 lb.

Oven Temperatures

Slow 250° - 325° F.	Temperature	Time
Custards	325	45-60 min.
Cheese Dishes	325	varies
Souffles	325	1 hr.
Meringues	300	15-20 min.
Angel Food	320	1 hr.
Sponge Cake	320	1 hr.
Christmas Cake	250-300	3-4 hrs.

Moderate 325° - 375°	Temperature	Time
Gingerbread	350	35 min.
Rolled Cookies	360-375	10-15 min.
Layer Cake	375	20 min.
Loaf Cake	350-360	45 min.
Cup Cakes	375	12-15 min.

Hot 375° - 450°	Temperature	Time
Rolls	400	15 min.
B.P. Biscuits	425-450	12-15 min.
Muffins	400	25 min.

Very Hot 450° - 550°	Temperature	Time
Pastry Shell	500	12 min.
Double Crust	450	40 min.

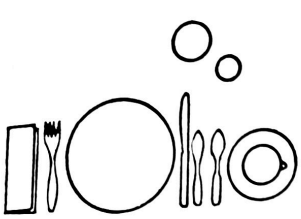
Measuring Instructions

MEASURE ACCURATELY—Exact measurement is most important.
RULE I—Use only standard measuring equipment.
RULE II—To measure liquid use a measuring cup that is marked off in quarters and thirds. Always place cup on flat surface and measure liquid at eye level.
RULE III—Sift flour onto wax paper before measuring. Lift lightly by spoonfuls into a measuring cup and level with a knife.
RULE IV—Fat may be measured in several ways:
a) by using the correct part of a pound, using the knowledge that 1 lb. equals 2 cups; ½ lb. equals 1 cup or 16 tbsp.; ¼ lb. equals ½ cup or 8 tbsp., etc.
b) by packing fat into a measuring cup and leveling off the excess with a flat surface.
c) by water displacement. To measure ½ cup of fat this way, pour ½ cup cold water into measuring cup. Add fat until water line comes to the one-cup mark. Pour off water, leaving ½ cup fat.
RULE V—Grease the cup used to measure syrup, honey or molasses. The contents will empty readily.

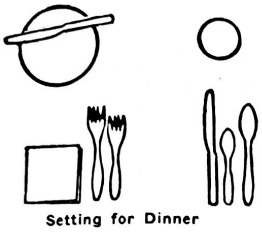
Cookery Terms You Should Know

1. BEAT—To make mixture smooth by rapid lifting of the mixture over and over with spoon or beater.
2. BLEND—To mix thoroughly, two or more ingredients.
3. BOIL—To cook in a liquid in which bubbles rise rapidly to the surface.
4. BRAISE—To brown in a small amount of hot fat then cook slowly in a covered utensil or on top of the stove in a small amount of liquid.
5. PANBROIL—To cook uncovered in a fry pan. The fat is poured off as it accumulates.
6. CHOP—To cut in small pieces with a knife or chopper or other chopping tool.
7. CREAM—To work an ingredient by rubbing it, stirring it, and beating until soft and smooth.
8. CUT IN—To cut fat into a dry mixture of flour with knives or a pastry blender.
9. FOLD—To blend two foods by cutting the spoon or egg whip vertically down through the food, turning it under and bringing it up vertically until the mixture is completely blended.
10. FRY—To cook in fat usually on top of the stove.
11. KNEAD—To fold over and over, working the dough to make it smooth and elastic.
12. MARINATE—To let foods stand in a flavoursome liquid, e.g. oil-acid mixture such as french dressing.
13. SAUTE—To brown or cook in a small amount of fat.
14. SIMMER—To cook in a liquid just below the boiling point.
15. STEW—To simmer in a small quantity of liquid.
16. STIR—To mix food materials with a circular motion for the purpose of combining or blending.
17. WHIP—To incorporate air and increase the volume by beating rapidly.

General Rules For Tablesetting And Table Service



Setting for Breakfast



Setting for Dinner

1. Tablecloths should be placed with the centre crease in the centre of the table; place mats straight, evenly spaced and even with the edge of the table.
2. A table centre should be a low arrangement.
3. A "cover" is a complete setting of china, glass, silver and linen for one person. The space allowed should be 20"x24" and should be arranged in order of use:
   a. knives are placed to the right of the plate, sharp edge towards the plate. Bread and butter knife may be placed parallel to table edge.
   b. spoons are placed to the right of the knives, bowls up.
   c. forks are placed to the left of the plate, but if a main course does not require a knife—then the fork may be placed to the right.
   d. silver is arranged in order of use—from outside in, but spoons and knives are always grouped separately.
   e. glasses are placed at the tip of the knife.
   f. bread and butter plates are placed to the left of the tip of the fork.
   g. serviettes are folded in flat squares or oblongs and placed to the left of forks with the open corner to the lower right hand corner, or they may be placed on the dinner plate.
   h. bread and butter knives are placed across the bread and butter plate, with the sharp edge toward the centre of the plate.
   i. silver should be 1" from the table edge.
4. Salt and pepper, one set should be allowed for each two people.
5. All food must be placed within easy reach of one or more covers.
6. Foods are served to and removed from the left—using the left hand.
7. Beverages are served to and removed from the right—using the right hand.
8. Water glasses are filled three-quarters full, just before announcing the meal.
9. When each course is finished, all food-service, for that course is removed before bringing in the next course. Leftover food is removed first, then soiled dishes, then salt and pepper shakers.
10. Remove dishes two at a time. Do not stack dishes.
11. Silver for serving is placed beside the food and not in it.

Beverages

Beverages form an important part of every meal plan. Milk, cocoa, tea and coffee are the most familiar beverages.

COCOA

4 servings

2 to 3 tbsp. cocoa
4 tbsp. sugar
f.g. salt
⅔ c. water
3 c. milk

1. Fill the bottom of the double boiler one-third full of water and heat.
2. Mix together cocoa, sugar, and salt in the top of the double boiler.
3. Add the ⅔ cup water gradually and cook over direct heat, stirring constantly. Boil 5 minutes.
4. Add the milk and place over the hot water in the bottom of the double boiler.
5. Just before serving, beat with a rotary beater until there is an inch or more of foam.

Tea and coffee cannot substitute for milk beverages because they have no food value. Besides they contain a stimulating drug. However, when preparing either of these beverages these steps should be followed to ensure a good product.

COFFEE

1. Use freshly ground coffee. Store coffee in a cool place, e.g. refrigerator.
2. Choose a suitable grind for your coffee maker: coarse for steeped coffee; regular for percolator; fine for vacuum type and dripolator.
3. Be sure coffee maker is washed and rinsed after each use. Use a size suitable to the amount of coffee required.
4. Use a measured amount of coffee and water; 1 to 3 tbsp. for each cup, depending on the strength desired. For a stronger beverage increase the amount of coffee, not the time of heating.
5. Use boiling water to make coffee but do not boil coffee or let it stand before serving.
6. A few grains of salt added to the coffee grounds will bring out the flavor.

TEA

1. Use 1 tsp. tea for each cup of water, or 1 tea bag for 2 cups.
2. Use an earthenware or glass teapot and scald with hot water first.
3. Measure in the tea; add freshly boiled, boiling water.
4. Allow tea to steep 5 to 6 minutes. As with coffee use more or less tea to alter the strength. Do not let the tea boil.

LEMONADE

2 glasses

1 c. water
2 tbsp. lemon juice
4 tbsp. sugar

Stir the sugar and water to dissolve; add the lemon juice; pour over ice cubes.

CHOCOLATE SYRUP

1 c. cocoa
1 c. sugar
dash salt
1 c. water
1 tsp. vanilla

1. Combine cocoa, sugar, salt, water, and cook 5-7 minutes.
2. Remove from heat and add vanilla.
3. Store in refrigerator.
4. Use 2 tbsp. syrup to 1 c. milk for cocoa or other chocolate beverage.

TEA ESSENCE

Yield: 2½ to 3 quarts

1 lb. tea
4 quarts boiling water

1. Pour 2 quarts boiling water on 1 lb. tea. Let steep 3 min.
2. Pour into a jar.
3. Pour 2 quarts boiling water onto the same tea leaves again. Let steep 5 min. and pour into jars.
4. Use 1 tsp. essence per cup.

CRANBERRY PUNCH

Yield: serves 30

2½ c. sugar
4½ c. boiling water
3 c. cranberry sauce
½ c. lemon juice
2 quarts carbonated water
5-lb. block of ice or ice cubes

1. Make a syrup of the sugar and the hot water by cooking together until the sugar is thoroughly dissolved.
2. Add the cranberry sauce and stir until smooth. Put through a fine sieve and chill. Add lemon juice.
3. When ready to serve, place the block of ice in the punch bowl. Pour the cranberry mixture over it, add carbonated water.

PINK RHUBARB PUNCH

Yield: serves 30

6 c. boiling water
2 lb. red rhubarb
2½ c. sugar
3½ c. grapefruit juice
¼ c. lemon juice
1 qt. ginger ale

1. Heat water to boiling.
2. Wash and cut (do not peel) rhubarb and cook to a mush in the water.
3. Press through sieve, collecting juice in a large pot or bowl.
4. Add sugar and stir until dissolved.
5. Chill. Add grapefruit juice and lemon juice.
6. Just before serving add 1 qt. ginger ale.

PARTY PUNCH

Yield: 2 gallons or 40 servings

4 qts. water
3 cups sugar
2 cans (6 oz. each) frozen lemon juice
1 pt. strong tea
1 qt. apple juice
2 qts. cranberry or pineapple juice
1 pt. orange juice

1. Bring to boil water and sugar.
2. Combine with rest of ingredients and chill.

EGGNOG

1 egg well beaten
2 tbsp. sugar
1 c. chilled milk
¼ tsp. vanilla or other flavoring

1. Beat egg and sugar together, then beat in milk and vanilla.
2. Serve cold in tall glass sprinkled lightly with nutmeg.

Fruit

BAKED APPLES

Yield: 1 serving

Oven Temperature: 350° F.

1 apple
1 tsp. butter or margarine
2 tbsp. water
1 tbsp. brown sugar
¼ tsp. cinnamon

1. Wash and core apple.
2. Stuff the apple with the butter or margarine, sugar and cinnamon.
3. Place in pan with water and bake for about ½ hour for a small apple.

APPLE SAUCE

Yield: 4 servings

4 medium apples
¼ c. sugar
½ tsp. cinnamon
⅓ c. water

1. Wash, pare and core apples.
2. Slice into saucepan.
3. Add water to cover bottom of saucepan about ½ inch.
4. Cover and simmer until tender, stir, occasionally.
5. Add sugar and cinnamon and cook just until sugar is dissolved.

STEWED RHUBARB

Yield: 4 servings

3 c. cut rhubarb
1 c. sugar
small amount of water

1. Wash, clean and cut rhubarb into 1-inch pieces.
2. Place in saucepan with a small amount of water.
3. Cook at a simmering rate until tender. Stir occasionally.
4. Add sugar and serve hot or chilled.

FRESH PEACHES

To peel: dip in hot water for about one minute and peel.
To prevent darkening: dip in lemon juice.
To serve: slice and serve with sugar or liquid honey and cream.

CITRUS FRUITS

Oranges: peel orange carefully.

1. Slice orange crosswise into ¼-inch slices. Arrange on a plate or
2. Make sharp cuts lengthwise half way between membrane. Arrange sections on a plate.

Grapefruit:

1. Grapefruit halves: Cut fruit in half; remove seeds; cut triangles of fruit away from membranes and shell. Sprinkle with granulated sugar. Place a maraschino cherry in the middle.
2. Grapefruit sections: follow directions as for oranges.

STEWED FRUITS

1. Dried fruits should be soaked several hours or overnight.
2. Add sugar at the end of cooking period to ensure tenderness. Sugar added at the beginning of the cooking period tends to toughen fruit membranes.
3. Add lemon juice for a slight tartness.

STEWED PRUNES AND APRICOTS

Yield: 4 servings

12 prunes
8 apricots
5 tbsp. sugar
1 tbsp. lemon juice

1. Wash fruit. Cover fruit with water and let stand several hours or overnight.
2. Place the fruit and water in a small saucepan and place over heat. Cook at a simmering rate until fruit is tender.
3. Add sugar and cook until it is dissolved.
4. Add lemon juice. Serve hot or chilled.

FRESH FRUIT CUP

Yield: 4 servings

1 medium orange
1 cup grapes
1 medium apple
1 banana
2 tbsp. sugar (optional)
¼ cup any fruit juice

1. Wash fruit.
2. Peel orange, slice in half inch pieces, then cut into small wedges.
3. Cut grapes and remove any seeds.
4. Cut blossom end off the apple, leave the peeling if bright red.
5. Slice lengthwise in ¾ inch slices then cut into small cubes or wedges.
6. Mix sugar and fruit juice, pour over fruit, mix carefully. Chill.
7. Just before serving time, peel banana, cut in half or quarters lengthwise, then slice in one inch pieces.
8. Add to rest of fruit and mix lightly.

Soups

Soups which are thick and hearty may be served as a main dish for lunch or supper. These include cream soups and thickened stock soups. Thin soups may be served as an appetizer before lunch or dinner, never as a main course.

A thin white sauce is the basis for cream soups.

WHITE SAUCE

Type	Fat	Flour	Salt	Pepper	Milk
Thin	1 tbsp.	1 tbsp.	½ tsp.	f.g.	1 c.
Medium	2 tbsp.	2 tbsp.	½ tsp.	f.g.	1 c.
Thick	3-4 tbsp.	3-4 tbsp.	½ tsp.	f.g.	1 c.

1. Melt fat in the top of a double boiler.
2. Add flour and seasonings and stir to a smooth paste.
3. Add milk, a little at a time. Cook and stir constantly until smooth and thickened.

CREAM SOUPS

CREAM OF POTATO SOUP

4 servings

2 c. thin white sauce
1 c. cooked mashed potato
1 c. stock (potato water)
⅛ tsp. onion salt
½ tsp. celery salt
½ tsp. dried parsley

1. Combine mashed potato and stock.
2. Add to white sauce which has been made with added seasonings in the top of a double boiler; heat.
3. Serve in hot bowls.

CREAM OF CELERY SOUP

4 servings

2 c. thin white sauce
1 c. celery
1 c. stock
½ tsp. celery salt
¼ tsp. onion salt

1. Cut up celery and cook in water.
2. Make white sauce in a double boiler.
3. Add stock, then vegetable and seasonings.
4. Reheat and serve.

CREAM OF CORN SOUP

4 servings

2 c. white sauce (thin)
2 c. boiling water
2 c. creamed corn (1-15 oz. can)
2 slices onion

1. Cook corn and onion in boiling water for 20 minutes.
2. Press through a sieve (optional).
3. Make white sauce in a double boiler.
4. Add strained corn, reheat and serve.

CREAM OF TOMATO SOUP

Yield: 4 servings

2 c. canned tomato
½ tsp. sugar
2 tbsp. fat
2 c. milk
1 slice onion **or**
¼ tsp. onion salt
2 tbsp. flour
1 tsp. salt
f.g. pepper

1. Cook tomato with onion, sugar and seasonings till soft.
2. Put through a sieve and keep warm.
3. Make thin tomato sauce using sieved tomato as liquid instead of milk in the white sauce recipe.
4. Just before serving add sauce to cold, fresh milk, stirring it in gradually.
5. Heat and serve at once. If you let it boil, it will curdle.

STOCK SOUPS—Stock soups are made from meat and bones of beef, veal chicken or ham. These soups may be thickened or served clear.

PROPORTIONS OF INGREDIENTS FOR 1 POUND OF MEAT

1 pt. to 1 qt. water
1 tbsp. mixed spices (bay leaf, mace, cloves, peppercorns, etc.)
2 tsp. salt
½ c. vegetables

Directions for making stock:

1. Cut meat in small pieces and saw or crack bone.
2. Add cold water to meat and bone and simmer 3 hours.
3. Add vegetables, spices and salt, and simmer one hour or more.
4. Strain stock and cool quickly.
5. Remove fat before using stock.

SPLIT PEA SOUP

4 servings

½ c. split peas, navy or lima beans
1 qt. water and ham bone or 1 qt. stock
½ small onion, chopped
celery leaves
1 potato, grated
salt if needed
1 carrot, optional

1. Combine first 3 ingredients. Simmer until peas or beans are tender.
2. Add onion, celery leaves, celery, potato and carrot. Continue simmering for 20 or 30 minutes.
3. Add a few grains of pepper, cayenne and 1 tbsp. salt, 2 tsp. sugar.

Salads

A salad may consist of 4 parts:
a. A base of greens. b. Food mixture. c. Dressing. d. Garnish.

1. A salad may be an appetizer or accompaniment to a meal, (such as a green leafy salad) a main course, (such as a protein or starchy salad) or the sweet ending (fruit salad).
2. Salad ingredients should be clean, crisp, cold and colorful. Chill both the ingredients and the serving dishes.
3. Serve fresh fruit and vegetables when possible—at other times use canned and frozen in combination with the fresh.
4. Combine ingredients lightly, do not stir or mash.
5. Select a dressing that suits the salad.

VEGETABLE SALADS

Combine 2 cups shredded cabbage and ⅓ c. mayonnaise or other salad dressing with:

1. 1 c. shredded carrots, 2 tsp. minced onion, 1 tbsp. lemon juice, ½ tsp. sugar OR
2. 1 c. diced apples (with red peel left on) and 1 c. thinly sliced or diced celery
3. To either (1) or (2) may be added any or all of these: ½ c. of raisins, sliced oranges, grapes, bananas, chopped nuts.

Combine carrots with:

1. apples, raisins, or nuts.
2. raw cauliflower and onions.
3. raw spinach and onions.
4. celery and onions.

Combine tomatoes with:

1. onions, cucumber, celery and green pepper.
2. or stuff with cottage cheese, egg, meat or potato filling.

POTATO SALAD

4 to 6 servings

4 c. diced cooked potatoes
1½ tbsp. finely chopped onions
1 tsp. salt
¼ tsp. pepper
⅓ c. mayonnaise or cooked dressing
1 chopped hard cooked egg

Combine all the ingredients but the dressing, lightly together. Blend in the dressing.

Variations:

1. Add diced green pepper, cucumber, celery, apple, radish or 2 chopped hard-cooked eggs.
2. Spread slices of ham, tongue or luncheon meat with salad and roll as jelly roll.

FRUIT SALADS

Combine apples with:

1. celery, dates or grapes and nuts.
2. cherries, peaches, pears and grapes.

Combine melons with:

1. grapes, pears, peaches and apples.
2. filled with fruit salad.

Add a mixture of fruit to a thin sugar syrup or whipped cream and freeze. Serve immediately on removal from the refrigerator.

WALDORF SALAD

1 apple
⅔ c. diced celery
4 lettuce leaves
¼ c. chopped nuts
¼ c. grapes
salad dressing

1. Wash lettuce and drain.
2. Wash celery, cut in small pieces.
3. Wash grapes, cut in halves, remove seeds.
4. Wash apple. Cut in ½ inch squares.
5. Combine ingredients.
6. Moisten with salad dressing If necessary add salt, and serve on lettuce which has been arranged on chilled plates.

MEAT SALADS

Combine equal quantities of diced meat or chicken with cabbage or celery. Moisten with mayonnaise or cooked dressing.

Variations:

Add chopped nuts, cooked peas, diced green or red pepper, egg, cucumber, apples, or olives.

A SIMPLE GARNISH ADDS A FINISHING TOUCH TO ANY SALAD.

TOSSED GREEN SALAD

Sprinkle salt in wooden bowl; rub clove of garlic over salt in bowl. Be sure greens are dry. Twist and tear (never cut) selection of greens into bowl. Add other vegetables such as onion rings (very thin), celery, green pepper rings, etc. Sprinkle with salt, pepper, paprika, and a little dry mustard. Just before serving, pour oil over greens; toss lightly until greens glisten. Then pour over greens half as much vinegar as oil used. Toss again, serve immediately.

MOLDED GELATIN SALAD

1 pkg. fruit-flavored gelatin (3 oz.)
2 tbsp. lemon juice or vinegar for vegetable or sea food salads
1½-2½ c. well-drained cut-up fresh or canned fruit, vegetables or sea food.

1. Prepare gelatin according to pkg. directions.
2. When partially set, add food mixture.
3. Pour into individual or party molds.
4. Chill and serve, garnished with lettuce or other greens.

Combinations

1. Lemon flavored gelatin, 1½ c. shredded raw carrots and 1¼ c. drained crushed pineapple.
2. Lime-flavored gelatin, 1 c. finely shredded cabbage, 1 c. diced celery, 1 c. chopped apples or pimento.
3. Lemon flavored gelatin, 1½ c. drained flaked salmon, 1 c. green peas or diced celery.

SALAD DRESSINGS

Boiled Dressing

½ tsp. salt
1 tsp. mustard
f.g. cayenne
⅓ c. sugar
3 tbsp. flour
1 egg or 2 yolks
1 tbsp. butter or oil
1 c. milk or water
½ cup vinegar plus enough water to make ⅔ cup

1. Mix dry ingredients in upper part of double boiler.
2. Add beaten egg and milk.
3. Add vinegar, slowly.
4. Cook over boiling water, stirring constantly till thick.
5. Remove from heat; add oil or butter.
   (This may be thinned with cream or whipped cream.)

Mayonnaise

1 tsp. dry mustard
1 tsp. salt
½ tsp. paprika
1 large egg or 2 yolks
1 c. salad oil
2 tbsp. vinegar

1. In a small but deep bowl, mix spices and egg.
2. Add oil one drop at a time, beating constantly until an emulsion forms (mixture thickens).
3. Beat in 1 tbsp. vinegar and the remaining oil in larger portions.
4. Add remaining vinegar and beat vigorously. Refrigerate.

Uncooked Dressing

2 well beaten eggs
2 tsp. salt
2 tsp. mustard
1 cup vinegar
2 tsp. butter (melted) or use oil
f.g. red pepper or paprika
1 can Borden's Eagle Brand Condensed Milk

1. Beat first three ingredients and milk vigorously for a few minutes.
2. Add vinegar; stir well.
3. Add melted butter and paprika.
4. Set aside for a few hours to thicken.

COLE SLAW DRESSING

1 t. salt
⅛ t. paprika
3 tbsp. sugar
2 tbsp. vinegar
½ cup light cream (sweet or sour)

1. Mix seasonings and cream in a bowl large enough to mix with 3 cups of finely shredded cabbage, or mixture of cabbage, carrots and celery.

Fruit Salad Dressing

Juice of 1 lemon
½ c. pineapple syrup
1 tsp. cornstarch
pinch of salt
1 egg yolk
¼ c. sugar
1 egg white

1. Into the top of the double boiler put cornstarch and salt. Slowly stir in the fruit juices.
2. Cook over hot water, stirring till it thickens. Cook 5 minutes longer.
3. Mix egg yolk and sugar, and stir into hot mixture. Cook 3 minutes longer.
4. Beat egg white stiff and fold into hot mixture. Cool by replacing the hot water in the lower part of the double boiler with cold water.
5. Chill in refrigerator.

Variation:

Use ½ c. whipped cream instead of the egg white, folding it in just before serving.

Eggs

Eggs are graded by Government standards from A.1 to C. Eggs used for cooking in the shell, frying, poaching, omelet, or scrambling should be of high quality, A.1 or A. Other grades may be economical for baking or general cookery.

Eggs marked **Large** must weigh 24 oz. to the dozen; **medium** 21 oz. and **Small** 18 ounces.

Grade A eggs are available in different sizes—large, medium and pullet—Choose eggs by grade and size.

The color of the shell, white to brown, does not affect the cooking qualities or nutritive value of eggs.

Eggs lose flavour and food value if carelessly handled. Keep eggs in covered container in refrigerator at temperature 45°-50° F.

Low temperature, accurate timing and careful handling are the simple basic rules of good egg cookery. The protein of the egg coagulates with heat. If low temperatures are used, the proteins are moist and tender— high temperatures shrink the protein, making it hard and tough.

Careful handling is important in separating the yolk and the whites. The fat in the yolk affects the foaming quality of the whites. One drop may keep the whites from forming a stable foam as whites are beaten.

NOTE—Send for free copies of "Cooking Canada's Eggs" and "Happy Meals with Poultry and Eggs" Poultry Products Institute of Canada, 51 Eglinton Ave. E. Toronto 12.

HARD-COOKED EGGS

1. Place eggs in a saucepan and cover with cold water.
2. Cover saucepan, and bring rapidly to boiling point.
3. Turn heat to very low, and simmer eggs for 15 minutes.
4. Remove eggs from stove, and cover with cold water.

SCRAMBLED OR CREAMY EGGS

Yield: 4 servings

2 tbsp. butter or margarine
6 eggs
½ tsp. salt
⅛ tsp. pepper
¼ c. milk
⅛ tsp. paprika (optional)

1. Break eggs into a medium bowl.
2. Add milk and seasonings, beat with fork to blend white and yolk.
3. Cook in a double boiler, drawing it away from the sides as it cooks,

(or)

4. Melt butter in a pan, pour egg mixture into pan, cook over low heat, lifting with spatula.

Variations:

With cheese:

½ c. grated cheese
2 tsp. parsley or onion

1. Add cheese and onion or parsley to egg mixture and cook as above.

With chili sauce:

1. Make scrambled eggs as above.
2. When eggs start to set, stir in 1 tbsp. melted butter, ¼ c. chili sauce and ½ tsp. grated onion.

PLAIN OMELET

Yield: 4 servings

1½ tbsp. butter or margarine
8 eggs
1 tbsp. cold water per egg
1½ tsp. salt

1. Melt butter in large frying pan, making sure that the sides and bottom are greased thoroughly.
2. Break eggs into a medium bowl, add water and salt.
3. Beat just enough to blend mixture.
4. Pour into hot greased frying pan over low heat.
5. As mixture sets at edges, lift with a knife to let uncooked mixture flow to the bottom. Continue until all the omelet is cooked.
6. Loosen edge of omelet all around, fold in half, turn out on platter.

EGG IN A NEST

Yield: 1 serving

Oven Temperature: 325° F.

1 egg white
1 slice buttered toast
1 egg yolk
salt
pepper

1. Pile stiffly beaten egg white on a slice of lightly buttered toast.
2. Make a depression in centre and drop unbeaten egg yolk into it.
3. Sprinkle with salt and pepper.
4. Brown and serve.

PUFFY OMELET

Yield: 4 servings

Oven Temperature: 350° F.

6 eggs, separated
6 tbsp. water
½ tsp. salt
⅛ tsp. pepper
2 tbsp. fat

1. Add water to egg whites, beat until stiff but not dry.
2. Beat yolks until thick and lemon colored, beat in salt and pepper.
3. Fold yolks into whites.
4. Heat fat in 10-inch frying pan. Pour in omelet mixture.
5. Cook over moderate heat until well puffed and golden brown on the underside.
6. Bake in oven at 350 degrees for 15 minutes, or until surface feels dry and omelet is firm in the centre.
7. Remove from oven, loosen edges and partially cut in half, fold and turn out on platter.

SHIRRED EGGS

Oven Temperature: 325° F.

1. Butter muffin tins and slip in carefully broken eggs.
2. Dust lightly with salt and pepper and dot with butter.
3. Set dishes in pan of hot water and bake until firm.

DEVILLED EGGS

Yield: 12 halves

6 shelled, hard-cooked eggs
¼ c. mayonnaise
¼ tsp. salt
f.g. pepper
¼ tsp. dry mustard
1 tsp. minced onion
paprika

1. Cut eggs in halves, lengthwise. Remove yolks and put in bowl.
2. Mash yolks with a fork until fine and crumbly.
3. Add mayonnaise, onions, and spices to the yolks and mix until smooth.
4. Refill hollows of the whites with this mixture, rounding each half slightly. Sprinkle with paprika.

SOUFFLES

General Directions

1. Fresh eggs and stiffly beaten whites are essential.
2. Collect all ingredients and equipment and preheat oven before mixing.
3. Use a shallow greased pan or baking dish.
4. Cool mixture before adding egg whites and fold whites carefully.
5. Keep oven closed for at least two-thirds of baking time.
6. Souffles are cooked when the mixture will not stick to finger pressure.
7. Before removing the souffle from the oven open the door for about three minutes.
8. Serve immediately. Souffles fall if not served as soon as possible after cooking.

BASIC RECIPE FOR SOUFFLE

Yield: 6 servings

Temperature: 300°-325°

3 tbsp. flour
3 tbsp. butter or margarine
1 c. milk
3 large or 4 small eggs
¼ tsp. salt

1. Melt fat, add flour and salt.
2. Add milk and cook, stirring constantly until sauce is thick.
3. Beat egg yolks and add to sauce mixture. Cool.
4. Fold in stiffly beaten egg whites. Bake in greased baking dish until the mixture will not stick to a finger.

VARIATIONS

Chicken or fish: Add ½ c. chopped chicken or flaked fish to sauce mixture.
Cheese: Add ½ c. cheddar cheese grated, to sauce mixture. Stir until the cheese melts.

CORN AND CHEESE SOUFFLE

Yield: 6 servings

Temperature: 300°-325°

1 tbsp. butter or margarine
3 tbsp. flour
1½ c. milk
1 c. chopped corn
1 c. grated cheese
3 eggs

1. Melt butter. Add flour and stir milk in gradually.
2. When sauce has thickened add corn, cheese, seasonings and beaten egg yolks.
3. Cool mixture. Fold in egg whites. Cook according to basic recipe.

NEVER-FAIL SOUFFLE

Oven Temperature 325° F. 1 hour

2 c. milk
1 tbsp. butter
½ c. cornmeal
2 c. strong grated cheese
4 eggs beaten separately
¼ tsp. salt, f.g. pepper and paprika

1. Heat milk and butter.
2. Stir cornmeal into this and stir until thick.
   Cook 5 minutes over gentle heat or over hot water.
3. Stir in grated cheese, stir till melted.
4. Cool somewhat, stir in egg yolks and seasoning.
5. Fold in egg whites, pour into greased casserole, bake at 325 degrees for 1 hour, having casserole sit in a pan with some water in it.

Cheese Dishes

Cheese is one of the main foods used as a meat substitute. Since it is a milk-food it contains protein as well as the important minerals and vitamins found in milk.

If cheese is cooked for too long a time or at too high a temperature it will curdle or form a stringy mass and become tough and rubbery. For that reason cheese should be cooked for as short a time as possible, at a low temperature or over hot water.

Moisture promotes mould on cheese, dry air dries it out and warmth speeds up both these processes. Therefore, it is best to store cheese in the refrigerator in a covered dish or wrapped in Saran Wrap.

WELSH RABBIT

Yield: 1½ cups

2 tbsp. butter or margarine
2 tbsp. flour
1 c. milk
1 c. grated cheese
½ tsp. salt
¼ tsp. dry mustard
dash paprika

1. Melt margarine, add flour and blend.
2. Add milk, stir over low heat until thick.
3. Add cheese, stir until melted.
4. Add seasonings.
5. Serve immediately over buttered toast or pour over slice of tomato on toast, garnish with bacon slices.

MACARONI AND CHEESE

Yield: 5 servings

Oven temperature 400° F.

A. 1 cup macaroni
   Cook until tender in 6-8 c. boiling salted water
   When tender, drain macaroni and rinse with cold water

B. 1½ tbs. margarine
   1½ tbs. flour
   f.g. pepper
   ½ tsp. salt
   1 cup milk
   ¾ c. grated cheese
   ¼ c. buttered crumbs

1. Melt margarine, blend in flour, salt and pepper
2. Add milk and stir over low heat until thick
3. Add grated cheese, stir until melted
4. Add macaroni to sauce, turn into a greased casserole and cover with buttered crumbs and brown in hot oven

NOTE: To make buttered crumbs, melt 1 tsp. margarine in pan, stir in crumbs and toss until coated.

CHEESE DREAMS

Yield: 6 servings

Oven Temperature: 400° F. Time: 8 minutes

1 tbsp. butter or margarine
1 beaten egg
¼ tsp. salt
½ tsp. mustard
¼ tsp. paprika
1 tsp. Worcestershire sauce
2 c. grated cheese
6 slices bread
6 slices bacon

1. Add margarine, egg and seasonings to cheese and mix to a paste.
2. Spread on bread and place bacon on top.
3. Bake in hot oven for 5-8 minutes.

RING OF PLENTY

Yield: 6 servings

Oven Temperature: 350° F. Time: 35 minutes

1 c. macaroni
1 tsp. salt
1 c. hot milk
2 tbsp. butter or margarine
1 c. shredded Cheddar cheese
1 tbsp. minced parsley
1 tbsp. onion
1 tbsp. pimento
1 c. bread crumbs
1 egg, well beaten
1 tbsp. salt

1. Boil macaroni with salt in 6-8 c. of boiling water and drain.
2. Combine cooked macaroni with the other ingredients.
3. Pour into well-greased mold, set in pan of water one inch deep.
4. Bake 30-35 minutes or until set.
5. Unmold on plate and serve with creamed seafood or chicken.

Vegetables

Rules for buying and storing:

1. Buy firm fresh vegetables and buy frequently in small quantities so that they don't deteriorate.
2. Root vegetables should be stored in a well-ventilated cool, place. They keep better unwashed.
3. Store cleaned perishable vegetables in the crisper in the refrigerator.

Cooking vegetables:

1. The best cooking methods for the preservation of vitamins and minerals are to cook without water.

The poorest method, resulting in the greatest loss of food value, is boiling in water to cover.

Vegetable Do's:

1. cook whole if possible.
2. slice lengthwise if at all.
3. bake in their skins.
4. cook in as little water as possible.
5. start them in boiling water.
6. cook only enough for one meal.
7. pare thinly if at all.

Vegetable Don'ts:

1. don't let vegetables stand in water.
2. don't add soda to green vegetables.
3. don't throw away the water from vegetables.
4. don't overcook.

BAKED VEGETABLES

STUFFED BAKED POTATOES

Temperature: 400° F. **4 servings**

4 potatoes
2 tbsp. butter or margarine
⅓ c. hot milk
1 tsp. salt
f.g. pepper
grated cheese

1. Scrub potatoes, prick with a fork.
2. Arrange on a pan in the oven.
3. Bake 1 hr. or until tender.
4. Cut baked potato in half lengthwise.
5. Scoop out the inside without breaking the skin.
6. Mash potato, season, add butter and milk and beat until fluffy.
7. Return to shells, sprinkle with grated cheese.
8. Reheat till brown, 15 min.

BAKED SQUASH. 400° F.

1. Cut the vegetable in squares, removing seeds and stringy portion.
2. Place cut side down in ⅛" water in pan.
3. Bake ½ hr., dot each piece with butter and sprinkle with brown sugar, if desired and season.
4. Bake ½ hr. longer or until tender.

VEGETABLE CASSEROLES

CARROTS IN CASSEROLE

4 servings **400° F.**

4 med. sized carrots
3 tsp. butter
2-4 tbsp. water
½ tsp. salt
f.g. pepper

1. Cut vegetable into match-sized pieces.
2. Place in greased casserole dish.
3. Dot with butter and season to taste.
4. Add water—cover and bake until tender (35 min.)
5. Remove the cover to brown.

Variation:

Turnip or parsnip may be used instead of carrots.

SCALLOPED POTATOES

4 servings **375° F. 1-1½ hours.**

4 potatoes
1 tsp. salt
f.g. pepper
2 tbsp. flour
2 tbsp. butter or margarine
1½-2 c. hot milk
onion (optional)

1. Wash, pare, and cut potato in thin slices.
2. Put a layer in a greased baking dish.
3. Sprinkle with salt and pepper and dredge with flour and dot with butter.
4. Repeat until the dish is ¾ full.
5. Add hot milk until it can be seen through the top layer.
6. Bake covered for the first half of the baking time.

From the Canadian Cook Book by Permission of the Ryerson Press, Toronto.

VEGETABLE COOKERY TIMETABLE

Kind of Vegetable	*Preparation*	*Cooking Time in Minutes*						*Amount for 6*	*Serving Suggestions*
		Boil	*Boil frozen and thawed*	*Steam*	*Pressure Cook*	*Pan-Sauté*	*Bake 350°*		
MILD FLAVOURED									
Beets—Whole Sliced	Cut tops 2 inches from root; wash and do not break the skin; if using the pressure cooker, peel before cooking.	25-45 15-25			15-18 8-10		115 90	2½ pounds	Serve with butter, salt and pepper; or with vinegar or lemon juice.
Carrots	Wash; scrape or peel. Leave whole if small, slice or dice.	15-20	10	20-30	2-3	5-8		1½ pounds	Season with butter, salt and pepper; pour over a little orange juice and melted butter; garnish with mint.
Celery	Clean with brush; remove leaves and cut into ¾-inch pieces.	30-40			10-12			1½ bunches	Serve with Vegetable Sauce. (cheese, white, etc.)
Parsnips	Peel or scrape; cut lengthwise or crosswise; remove cores if tough.	20-30		30-45	10			1½ pounds	Serve with butter, salt and pepper and chopped parsley.
STRONG FLAVOURED Broccoli	Soak in salted water 10 minutes, trim and cut off flowerets from main stalk; split ends of stalks.	15-20		20-30	1½-2			2 pounds	Serve with melted butter, salt and pepper or either Cheese or Hollandaise Sauce.
STRONG FLAVOURED —Continued *Brussel Sprouts*	*Remove wilted leaves; leave whole.*	12-20		20-25	2			1½ pounds	Serve with butter, salt and pepper or a vegetable sauce.
Cabbage	Remove wilted outside leaves; cut into quarters or shred.	5-15		10-20	1-1½	5-8		1 pound ½ medium head	Serve with butter and seasonings or Cheese Sauce.
Cauliflower	Remove leaves and stem; soak 10 minutes in salted water; leave whole or divide into flowerets.	10-20 25-30 whole	8-10	15-30	2-3			2½ pounds 2 small heads	Serve with butter and seasonings or Cheese Sauce.
Turnips—Yellow White	Wash, cut in ½-inch slices and peel; dice.	20-30		25-35	10	5-8		1½ pounds	May be cooked with a little chopped onion; season, serve in cubes or mash.
LEAFY Spinach and Beet Tops	Remove roots, coarse stems; wash in warm water and rinse twice. Cook in water which clings to leaves—no more!	8-10		15-20		5-6		3 pounds	Serve with butter, salt and pepper or a little chopped crisp bacon; nutmeg gives extra flavour.
Swiss Chard	Remove roots, coarse stems; wash in warm water and rinse twice. Cook in water which clings to leaves—no more!	10-15		20-35	5	8-10		3 pounds	Serve with butter, salt and pepper or a little chopped crisp bacon; nutmeg gives extra flavour.
Potatoes— Irish	Wash and peel or cook in skins.	35-40		40-50	8-10	425° 50-60		2 pounds	Serve with melted butter, finely chopped parsley, and salt and pepper; may be sprinkled with paprika. Sweet potatoes may be served with a sweet sauce or candied.
Sweet or Yams	Scrub and cook in skins.	30-40		34-45	8	425° 50		2 pounds	

CELERY AU GRATIN

Oven 400° Yield: 4 servings 15 plus 10 minutes

2 c. chopped celery
2 tbsp. butter
2 tbsp. flour
1 c. milk
¼ tsp. salt
⅛ tsp. paprika
¼ c. bread crumbs
¼ c. grated cheddar cheese

1. Wash celery, then cut it into small cubes.
2. Cook covered, in ½ inch boiling, salted water until tender, about 15 minutes.
3. If any liquid is left, save it for the sauce.
4. Melt the butter in the top of a double boiler.
5. Add the flour, salt, and paprika, and stir to a smooth paste.
6. Add the milk or celery liquid, and cook until thick.
7. Add the celery to the cream sauce, and pour into a greased casserole.
8. Sprinkle the cheese over the celery and the bread crumbs over the cheese.
9. Dot with 1 tbsp. butter and bake ten minutes or until the cheese melts.

SCALLOPED BEANS

Yields: 6 servings

Temperature: 350 degrees

½ c. bean liquid
½ c. grated cheese
½ c. bread crumbs
salt
2 tbsp. flour
3 tbsp. butter
1 can green beans
½ c. milk

Melt butter, add flour and salt. Gradually add milk and bean liquid. Cook until mixture bubbles. Add cheese and beans. Pour into a greased casserole. Cover with crumbs and bake in a moderate oven, 350 degrees, ½ hour or until brown on top.

POTATO PUFF

Yield: 4 servings

Oven Temperature: 350° F.

1½ c. mashed potatoes
1 egg
¼ c. milk
2 tbsp. butter

1. Add beaten egg yolk, cream and butter to mashed potatoes.
2. Fold in well beaten egg white.
3. Heap lightly into baking dish.
4. Bake for 30 minutes until puffed and brown.

CREAMED DISHES

CREAMED VEGETABLES

Suggested vegetables:
cauliflower
cabbage
carrots
beans

2 c. cooked, drained vegetables
1 c. medium white sauce: See page 13.

1. Make the white sauce, pour over vegetables, and serve hot.

CANNED VEGETABLES

1. Drain liquid from can into saucepan.
2. Bring to a boil; add vegetables, heat, season and serve.

SUCCOTACH

Yield: 6 to 8 servings

1 can kernel corn
1 can lima beans
2 tbsp. butter
½ tsp. salt
¼ c. cream

1. Drain liquid from vegetables.
2. Combine all ingredients.
3. Simmer 10 mins.

SWEET-SOUR BEETS

Yield: 4 servings

2 tbsp. margarine
3 tsp. minced onion
2 tbsp. brown sugar
2 tsp. cornstarch
¼ c. vinegar
1-2 tbsp. horseradish (optional)
1 20 oz. tin diced beets (drained)
½ tsp. salt and f.g. pepper

1. Melt the margarine in a saucepan.
2. Cook the minced onion in the margarine for 2-3 minutes.
3. Mix sugar with cornstarch, then stir into the margarine.
4. Add the vinegar and horseradish.
5. Cook, stirring until it is thick and clear.
6. Add beets, salt and pepper, and heat.

FROZEN VEGETABLES

1. Do not thaw before cooking.
2. Cook in ¼ cup boiling salted water or according to package.
3. Carefully break the vegetables apart with a fork.
4. Cover and cook at boiling temperature for the time indicated on the package.

FRIED RICE

Melt 2 tbsp. fat in a saucepan and add 1⅓ c. instant rice. Stir over medium heat until brown. Add ½ tsp. salt and gradually pour in 1½ c. water. Bring rapidly to boiling point, cover, and let stand away from heat for 15 min.

Variation: Chopped onion or green pepper may be added with the rice. Pimento, corn niblets or cooked peas may be added just before serving.

Luncheon And Supper Dishes

CASSEROLES

CHILI CON CARNE

Yield: 6 servings 30 minutes

1 lb. ground beef
1 small onion, chopped
2 tbsp. shortening
1 c. canned kidney beans
1 10 oz. tin tomato soup
⅓ c. water
1 tsp. vinegar
1 to 1½ tsp. chili powder
2 tsp. salt
¼ tsp. pepper

1. Melt fat in a heavy saucepan and brown meat and onion.
2. Add remaining ingredients and simmer for 30 min., stirring occasionally.

BEEF PUFF

Yield: 4 servings — **Temperature: 400°. 30 minutes**

- 1 c. finely chopped cooked beef
- 2 tbsp. chopped onion
- 2 medium sized potatoes
- 1 tsp. salt
- ⅛ c. milk
- 1 slightly beaten egg
- ¼ c. grated cheese
- 1½ tsp. margarine

1. Wash and peel potatoes. Cook until tender in a medium amount of boiling salted water. Drain, steam and mash.
2. Beat together mashed potatoes, onion, salt, milk and egg.
3. Fold beef into potato mixture.
4. Turn mixture into a greased casserole.
5. Top with grated cheese and dot with margarine.
6. Bake at 400° for ½ hour and serve hot.

CREOLE FRANKS ON RICE

Yield: 3-4 servings. 20 minutes.

- 3 wieners, sliced crosswise
- ¼ c. chopped green pepper
- ¼ c. chopped onion
- 1 c. rice
- 2 c. water
- 2 tbsp. fat
- 1 c. canned tomatoes
- 1 tsp. salt

1. Cook rice in rapidly boiling salted water until tender or until rice absorbs water. Rinse rice in cold water and drain.
2. Melt fat in frying pan and brown green pepper and onion. Add rice, tomatoes and salt.
3. Cover and simmer 15 min.
4. Remove cover, place wieners on rice. Return cover and simmer 5 min.

SHEPHERD'S PIE

Yield: 4 servings

Temperature: 350°. 35-40 minutes

- 1 tbsp. shortening
- 1 tbsp. flour
- ⅛ tsp. celery salt (optional)
- ¾ c. canned tomatoes
- ½ lb. ground beef or
- ¾ c. cooked diced beef
- ¼ c. milk
- 1 tbsp. finely chopped onion
- ¼ tsp. salt
- f.g. pepper
- 2 medium potatoes
- 2 tbsp. margarine

1. Wash and pare potatoes. Cook until tender in a medium amount of boiling salted water, or use leftover mashed potatoes.
2. Drain, steam and mash potatoes.
3. Beat potatoes with milk and margarine until mixture is light and fluffy.
4. Melt fat in frying pan, add onion and meat and brown. Drain off excess fat. Add seasoning and flour.
5. Add tomatoes and cook until mixture is tender.
6. Pour mixture into a greased casserole.
7. Top with mashed potato mixture.
8. Cover and place in a moderate oven, 350° for 25 min.
9. Remove cover and bake 10 min. more or until top is golden brown.

NOTE—If cooked diced meat is used, cooked meat is added when onion, flour, seasonings and tomatoes have thickened.

SPANISH RICE AND SAUSAGE

Yield: 4-5- servings

Temperature: 350° F. 20 minutes

- 1 c. rice
- 4 c. boiling water
- 1 tsp. salt
- 2 c. canned tomato
- ⅛ tsp. pepper
- 1 tsp. celery salt
- 1 tsp. parsley
- 1 tbsp. fat
- ¼ c. finely chopped onion
- 3 tbsp. chopped green pepper
- 1 lb. sausage

1. Cook rice in rapidly boiling salted water till tender, or by any method you prefer. Drain and rinse with cold water.
2. Melt fat and saute green pepper and onion 5 min.
3. Combine all ingredients except sausage. Brown sausage in frying pan.
4. Put half rice mixture in a greased casserole. Arrange browned sausage on top. Cover with remaining rice mixture and bake.

MACARONI SAUTE

Yield: 3-4 servings

- 1 c. macaroni (uncooked)
- ¼ c. chopped onion
- ¼ c. chopped green pepper (optional)
- ½ clove garlic (mashed)
- ¼ c. salad oil
- 2 c. tomatoes (or juice)
- ½ tsp. salt
- ⅛ tsp. pepper
- 1 tsp. Worcestershire Sauce

1. Saute uncooked macaroni, onion, green pepper and garlic in hot oil until macaroni turns yellow.
2. Add tomatoes and seasonings.
3. Bring to boil and simmer for 20-30 minutes.

HAMBURGER CHOP SUEY

Yield: 4 servings

- 1 medium onion
- 2 tbsp. shortening
- ¾ lb. hamburger
- 3 stalks celery
- 1 bouillon cube
- ¾ tsp. salt
- ¼ tsp. pepper
- 1½ tbsp. cornstarch
- ¼ tsp. brown sugar
- 2 tsp. soy sauce
- 1 tbsp. water
- ½ - 15 oz. tin bean sprouts

1. Cook thin slices of onion and meat in the oil until brown.
2. Dissolve bouillon cube in ½ c. water.
3. Cut celery into thick slices.
4. Add dissolved bouillon cube, celery, salt and pepper to meat mixture.
5. Cover and cook slowly for ten minutes.
6. Make a paste with corn starch, brown sugar, soy sauce and water.
7. Stir into meat and cook until sauce is slightly thick and clear.
8. Add drained bean sprouts and cook over low heat until bean sprouts are hot.

SPANISH MACARONI CASSEROLE

Yield: 6 servings

350° 30 minutes

- 1 c. macaroni
- 2 T. margarine or butter
- 2 T. flour
- ½ t. salt
- 1½ c. milk
- ½ c. diced celery
- 1½ c. canned tomatoes
- ¼ c. chopped onion
- ½ c. grated cheese
- f.g. salt and pepper

1. Cook macaroni in 5 cups boiling salted water until tender.
2. Prepare white sauce with margarine, flour, salt and milk.
3. Drain and rinse macaroni. Add celery, tomatoes, onion, cheese, salt and pepper.
4. Place in a greased casserole. Pour over white sauce and sprinkle with ¼ cup grated cheese.
5. Bake uncovered for 30 minutes.

BEEF CASSEROLE

Yield: 6 servings

Temperature: 350° — 30 minutes

- 1 lb. ground beef
- 1 tin chicken gumbo soup
- ¼ c. chopped onion
- ¼ c. chopped celery
- ½ c. uncooked rice
- 2 c. water
- Salt and pepper
- f.g. monosodium glutamate (optional)

Saute meat. Then mix all ingredients in order given. Pour into greased casserole dish. Top with crushed corn flakes. Bake 30 minutes at 350° F.

TUNA BAKE

Yield: 3-4 servings

Oven Temperature: 425° F. — 30 minutes

- 2 tbsp. chopped onion
- 2 tbsp. fat
- ½ tsp. salt
- 2 T. flour
- ½ can chicken with rice soup
- ½ - 7 oz. can tuna
- 1 tbsp. lemon juice
- ¾ c. milk

1. Cook onion in hot fat until golden, blend in salt and flour.
2. Add soup and milk and cook until thick, stirring constantly.
3. Add flaked tuna and lemon juice.
4. Pour into greased baking dish and top with the following:
   One-half recipe of baking powder biscuit dough. Roll ¼" thick. Sprinkle with ½ c. grated cheese. Roll as for jelly roll and cut into ½" slices. Bake 30 minutes.

HEAVENLY HAMBURGER

Yield: 4 servings

Oven Temperature: 450° F.

- 1 sliced onion
- ¾ lb. hamburger
- ½ can tomato soup
- ½ can kernel corn
- 1 c. mashed potatoes
- 1 tbsp. melted margarine

1. Saute onions and hamburger until brown.
2. Add soup and corn, mix thoroughly.
3. Place in greased baking dish.
4. Cover with potatoes, brush with melted margarine.
5. Bake until brown.

SOUTHERN STROGANOFF

Yield: 4 servings

- ½ lb. ground beef
- 1 small onion, diced
- 1½ tbsp. catsup
- 1½ tbsp. prepared mustard
- ½ can chicken gumbo soup

1. Brown beef and onion in hot fat.
2. Stir in catsup, mustard and soup.
3. Simmer until thickened about 15 mins.
4. Spoon over toasted split bun.
   Can be served with potato chips and relish tray.

FAVORITE MEAT AND CABBAGE CASSEROLE

Oven 350° Yield: 2 qt. casserole. 1 hour

- 1 medium onion
- 3 tbsp. fat
- ½ lb. ground beef
- ¾ tsp. salt
- ⅛ tsp. pepper
- 6 c. coarsely chopped cabbage
- 10½ oz. can condensed tomato soup

1. Saute chopped onion in fat.
2. Add, heating through but not browning, meat and seasonings.
3. Spread 3 cups cabbage in bottom of casserole.
4. Cover with meat mixture, and top with rest of cabbage.
5. Pour tin of tomato soup over all and bake covered.

CREAMED MEAT

Yield: 3 servings

- 1 c. finely cut cooked meat
- ½ can cream of mushroom, tomato, chicken or celery soup
- ½ can milk
- ½ tsp. salt
- 1 tsp. catsup or Worcestershire sauce
- ½ tsp. celery, chili powder or garlic salt

1. Heat all ingredients together. Add salt and pepper.
2. Serve on hot toast, rice, macaroni, noodles or hot baking powder biscuits.

Main Dish Sauces

Sauces can make your cooking seem inspired. They add a special zest to leftovers, a special flavor to vegetables.

The double boiler is a friend to the sauce-maker, because so many sauces need to have even heat. However, if direct heat is not too high it can be used. Direct heat will speed up the cooking process but you cannot be assured of a smooth sauce.

CHINESE SAUCE

¼ cup soya sauce
½ cup vinegar
½ cup sugar
½ cup water
2 tablespoons flour
1 teaspoon powdered ginger

Mix all ingredients in the top of a double boiler and cook until thickened. Pour over top of cooked fish and then sprinkle with chopped little green onions.

SAUCE FOR HARVARD BEETS

1. Mix ½ cup sugar and ½ tbsp. cornstarch.
2. Add ½ cup vinegar and let boil 5 minutes.
3. Add cooked diced beets and simmer 20 minutes.
4. Just before serving, add 2 tbsp. butter.

CHEESE SAUCE

Yield: 1½ cups

f.g. dry mustard
Dash of cayenne
¾ c. shredded nippy cheese.
1 c. medium white sauce (See page 13)

1. To medium white sauce add the dry mustard and cayenne.
2. Just before serving add cheese.
3. Stir over heat just until cheese is melted. Serve at once.
4. Serve on cooked vegetables such as cauliflower and cabbage.

TARTAR SAUCE

Yield: 1 cup

1 c. mayonnaise
1 tsp. grated onion
1 tbsp. minced dill pickle
1 tsp. minced parsley
1 tsp. chopped pimento
1 tbsp. lemon juice

Combine all ingredients. Serve on fish.

HOLLANDAISE SAUCE (easy method)

2 egg yolks
½ tsp. salt
cayenne pepper
1 c. melted margarine
2 tbsp. lemon juice

1. Beat egg yolks until thick and lemon coloured.
2. Add salt and pepper.
3. Add ¼ c. melted margarine, about 1 tsp. at a time, beating constantly.
4. Combine the rest of the melted margarine with lemon juice, and add slowly, about 2 tsp. at a time, beating after each addition.

Serve over brussels sprouts or broccoli.

RAISIN SAUCE

Yield: 2 cups

1¼ c. chopped raisins
1¾ c. water
1 c. sugar
¼ tsp. cloves
2 tbsp. butter or margarine
2 tbsp. flour
1 tsp. lemon juice
1½ tsp. Worcestershire sauce
½ tsp. salt
⅛ tsp. pepper

1. Combine raisins, water, sugar and cloves in a saucepan and heat to boiling point. Boil very slowly for 5 minutes.
2. Melt butter, add flour and stir until frothy.
3. Remove from heat and slowly add raisin mixture, stirring constantly.
4. Cook, with constant stirring until sauce is thickened.
5. Remove from heat and add the remaining ingredients.
6. Serve with ham or tongue.

CURRY SAUCE

Yield: 2¾ cups

2 onions, chopped
½ c. butter or margarine
1½ tsp. curry powder
3 tbsp. flour
2½ c. cold water
1 tsp. vinegar

1. Brown onions in ¼ c. of the margarine.
2. Melt the remaining amount of margarine.
3. Stir in flour.
4. Stir in water, vinegar.
5. Cook over low heat, stirring constantly until it thickens.
6. Add onions and curry powder.
7. Serve over leftovers of chicken or beef.

TOMATO SAUCE

1 c. tomatoes
½ c. water
1 slice onion
1 tsp. sugar
2 whole cloves
⅛ tsp. celery salt
1 tsp. chopped parsley
½ tsp. salt
f.g. pepper
1 tbsp. butter or margarine
1 tbsp. flour

1. Cook tomatoes, water, onion, sugar, and spices together in a covered saucepan for 10 min.
2. In another pot melt the butter; add the flour and stir until smooth.
3. Add the tomato mixture to the flour mixture; add seasoning and cook 5 min.

GRAVY

1. Use fat in pan, leaving 1 to 2 tsp. per cup of gravy.
2. Stir in same amount of flour and cook over low heat till bubbly and light brown.
3. Add liquid and seasoning. Cook till consistency is that of thin to medium white sauce. Liquid may be milk, meat broth, vegetable or plain water.

Method II same quantities.

1. Add liquid to fat in pan and bring to boil.
2. Make very thin smooth paste of flour, seasonings and a little water; stir slowly into liquid in pan and cook till desired consistency is reached.

Suggested seasonings: ¼ tsp. salt, ¼ tsp. brown sugar, dashes of pepper, oregano, thyme as desired.

Meat

The Structure of Meat

Meat is made up of fat, bone, muscle fibres, and connective tissue. The muscle fibres are hollow tubes containing meat juices and extractives which give a characteristic flavour to meat. There are two kinds of connective tissue; soft white tissue which becomes like gelatine when cooked, and harder yellowish tissue which hardens at high temperatures. Tender cuts of meat contain a minimum of the hard yellow type, and they come from those parts of the animal which receive the least exercise. Tough cuts of meat contain thickened muscle walls, and large amounts of connective tissue. These cuts come from the greatly exercised parts of the animal, such as the leg, shoulder, neck and flank.

Buying and Storing of Meat

The quality of most beef is graded by letter: A — Choice or Red Brand; B — Good or Blue Brand; C — Commercial; D — Utility. Buy by grade and cut for economy and satisfaction. Good meat is firm, covered with smooth cream-coloured fat, and the flesh is well marbled with fat.

All meats should be kept loosely covered in the coldest part of the refrigerator, and used as soon as possible. Fancy meats and ground meat should not be kept over 24 hours unless frozen.

Principles of Meat Cookery

There are three factors which determine the method used to cook meat: a. degree of tenderness; b. size of cut; c. kind of meat — beef, pork, lamb, veal, venison.

Tender Cuts:

1. They contain small amounts of connective tissue.
2. They may be cooked quickly with dry heat at moderate temperature.
3. Ground meat may be treated as a tender meat.

Tough Cuts:

1. They contain large amounts of connective tissue.
2. They require long slow cooking with moisture.
3. Pounding, freezing, grinding, the use of acids, help to tenderize.

All Cuts:

1. Avoid high temperatures. They toughen, harden, and shrink meat.

METHODS OF MEAT COOKERY

For Tender Cuts

Roasting—All roast should be placed fat side up on a rack in an open pan in a moderate or low oven. Do not add water, do not cover. Meats to be roasted: Roasts (tender cuts), meat loaves.

Broiling—Slash edges of the fat to prevent curling. Preheat the broiler. Place the steak or chops on the broiling rack so that the surface of the meat is 3 to 5 inches from the source of the heat. Broil until one side is brown, then turn and broil to the desired degree of doneness.

Meats to be broiled: Steaks from top quality beef, lamb chops and lamb steaks, cured pork steaks, fancy meats, veal kidney, pre-cooked sweetbread, table-ready meat.

Pan-Broiling—Place meat in a hot heavy, frying pan. Do not add fat or water, and do not cover. It may be desirable to rub a bit of fat on the frying pan to prevent some meat from sticking. Cook quickly, and turn to other side. Pour off fat as it accumulates. Brown meat on both sides. Season.

Meats to be pan-broiled: All meats that are suitable for broiling as well as steaks less than 1" in thickness.

Pan-Frying—Brown meat on both sides in a small amount of fat in a heavy frying pan. Season with salt and pepper. Do not cover the meat. Cook at moderate temperatures until done, turning occasionally.

Meats to be pan-fried: Any meat that has a coating of flour, meal, or egg and crumbs or meat very low in fat such as liver, cubed steak.

For Tough Cuts

Braising—Brown meat in a moderately hot pan, using extra fat if necessary. Season, and add a small amount of liquid. Cover, and cook slowly on top of the stove, or in the oven, until tender. Vegetables may be added during the latter part of the cooking period. Thicken gravy before serving if desired. Meats to be braised: Pork chops, steaks and cutlets; veal chops, steaks, and cutlets; pork liver, and Swiss steak.

Pot-Roasting—It is the same as braising but applied to a larger cut of meat. Meats to be pot-roasted: Less tender cuts of roasts—chuck, rump, blade, or cross-cut rib roasts.

Stewing—It is the same as braising, only more water is used in the cooking process in order to produce a meat stock.

Meats to be stewed: Less tender cuts of meat cut into uniform pieces—shoulder, shank, and breast of lamb or mutton.

Boiling—The meat is slowly boiled until tender—Use this method sparingly. Meats to be boiled: tongue, and some types of ham.

NOTE: See Meat — How to Buy — How to Cook — Canada Department of Agriculture.

ROASTING TIMETABLE

(Roast uncovered and add no liquid)

325° oven for all roasts

Beef

	Minutes per Pound	
	Rare 130° to 140°	Well Done 150° to 170°
Standing Rib, Wing, Porterhouse, Sirloin	20-25	30-35
Rolled Rib, Round Rump	25-30	35-40
Sirloin Tip, Rolled Rump (Grades A & B)	30-35	40-45

Veal

	Minutes per lb. 180°
Sirloin Butt (3-5 lbs.) or Rump	45-50
Loin (4-6 lbs.) or Blade	35-40
Round Bone Shoulder (3-5 lbs.)	40-45
Rolled Shoulder (4-6 lbs.)	50-55

(Most veal cuts are tender enough to be roasted)

Pork:

(All fresh pork cuts are tender enough to be roasted. The cooked meat should be well-done, greyish white in color with no trace of pink, and be fork tender. Score the rind or remove it before roasting.)

	Minutes per lb. 185°
Leg, Shank (6-8 lbs.) or Loin (3-4 lbs.)	40-45
Leg, Butt (5-7 lbs.)	45-50
Shoulder (Picnic, Boston Butt 3-4 lbs.)	55-60
Ham	30-35

Pot Roasting Timetable

Beef

	Minutes per Pound	
	Top of Stove	325° Oven
Blade, Short or Cross Rib, Square Rump (Grade C)	25-30	30-35
Round Bone, Shoulder, Chuck, Rolled Rump (Grade C), Brisket	30-35	35-40

YORKSHIRE PUDDING

Yield: 6 to 8 servings

Temperature: 450 degrees — 20 to 30 minutes

2 eggs
¼ tsp. salt
1 c. milk
1 c. flour

1. Sift flour and salt. Add milk gradually to form smooth paste.
2. Add eggs and beat 2 mins. with a dover beater.
3. Cover the bottom of hot pan with beef fat from the roast. Pour flour mixture into an 8"x8" pan. Bake in a hot oven.
4. Cut in squares or wedges for serving. Note: Individual muffin pans may be used. Heat pans and fill not more than half full.

PORCUPINE MEAT BALLS

Yield: 4 servings

Temperature 350° — 30 minutes

1 lb. minced beef
⅓ c. rice
½ tsp. salt and f.g. pepper
1 T. fat
2 tsp. finely chopped onions
1 tin tomato soup
½ c. water
1 egg

1. Wash the rice.
2. Mix meat, onion, rice, seasonings and egg, in a bowl.
3. Form into small balls, roll in flour.
4. Place in a frying pan and brown in fat, add the soup and water.
5. Cover and braise on top of range or in oven, adding water if needed.

SWISS STEAK

4 servings

1¼ lb. round steak
¼ c. flour
1 tsp. salt
⅛ tsp. pepper
2 tbsp. fat
½ c. tomato juice
½ c. water
½ onion—sliced

1. Place the meat on a breadboard.
2. Mix the flour, salt and pepper together.
3. Spread the flour mixture over both sides of the meat.
4. Using the edge of a heavy plate, pound the meat until all the flour is absorbed.
5. Melt the fat in a frying pan. Brown the steak on both sides.
6. Add the tomato juice, water, and onion. Cover tightly, and cook at simmering temperatures until tender.

LIVER CREOLE

4-6 servings

1 lb. sliced pork or beef liver
flour
3 tbsp. fat
salt and pepper
2 tbsp. chopped onion
2 c. cooked tomatoes

1. Dip liver slices in flour, and brown in hot fat.
2. Add seasonings and tomatoes, then cover.
3. Cook slowly 15 min., then uncover, and cook 15 min. longer, or until liver is tender, and sauce is thickened.
4. Serve over hot, cooked lima beans, rice, or spaghetti.

CRISPY LIVER STEAKS

Yield: 4 servings

1 lb. beef liver slices
1 egg
1 tsp. salt
1 tbsp. lemon juice
1 tbsp. water
1 c. cracker crumbs
2 tbsp. fat

1. Beat egg, add salt, lemon juice and water.
2. Dip liver slices into cracker crumbs.
3. Brown in hot fat. Do not overcook.
4. Serve with catsup.

DUMPLINGS

Yield: 4 servings

1 c. all-purpose flour
2 tsp. baking powder
¼ tsp. salt
1 tbsp. butter or margarine
⅓ to ½ c. milk or water

1. Cut fat into the sifted flour, baking powder and salt.
2. Add milk slowly and mix.
3. Drop from a tablespoon on top of the stew.
4. Cover closely, and cook for 10 min., without lifting the cover.
5. Arrange around the meat on the platter and serve at once.

STEWING:

BROWN STEW

Yield: 4 servings

1 lb. beef (flank, chuck, round, etc.)
2 c. water
1 onion sliced
1 c. carrot cubes
2 c. potatoes, quartered
1 tsp. salt
¼ tsp. pepper
4 tbsp. flour
2 tbsp. fat

1. Cut meat into 1½ inch cubes, save fat for frying.
2. Roll meat in flour seasoned with salt and pepper.
3. Brown meat in hot fat.
4. Add onion and brown lightly.
5. Add water, and simmer from 1 hour to 1½ hours.
6. Add vegetables and cook until tender, about 30 minutes longer.
7. Thicken gravy with leftover flour.

BROILING

BROILED MEAT PATTIES

Yield: 4 servings
Oven Temperature: 350°

¾ lb. ground beef
¾ tsp. salt
f.g. pepper
1 tsp. chopped onion
2 tbsp. fine bread crumbs
2 tbsp. milk

1. Set the oven at 350° and preheat the broiler.
2. Mix the ingredients lightly with a fork.
3. Shape into round flat cakes.
4. Lay the patties on the greased broiling rack, 3" below the heat. Leave the oven door open.
5. Cook for 10 minutes, then pull broiling pan out and turn the patties over. Broil until interior is browned.

BEEF POTATO PINWHEELS

Yield: 6 servings
Oven Temperature: Broil

1 lb. ground beef
1½ tsp. salt
¼ tsp. pepper
1 egg
2 tbsp. melted fat
6 tbsp. bread crumbs
2 tbsp. milk
1½ c. seasoned mashed potatoes
1½ c. seasoned mashed peas
¼ c. margarine or butter, melted

1. Mix all the ingredients, except potatoes, peas, and melted butter.
2. Place between two sheets of waxed paper, and press out until ½" thick
3. Remove the top waxed paper, and spread one half with the potatoes, and the other half with peas. Roll jelly-roll fashion.
4. Wrap in wax paper and chill well.
5. Cut with a sharp knife into 1" slices.
6. Place 3-4" below the broiler and brush with melted butter.
7. Broil slowly about 10 minutes. Turn with a pancake turner, brush agai with butter, and finish broiling.

PAN-BROILED BACON

1. Trim rind from bacon if it has not been removed.
2. Place the bacon in a cold frying pan, not letting the bacon overlap.
3. Cook slowly over a low heat until the slices begin to curl.
4. Then turn. Pour off the excess fat as it accumulates.
5. Cook until golden brown and crisp, and then drain on absorbent paper.

PAN FRYING

BEEF PATTIES

Yield: 4-6 servings

1 lb. minced beef
½ c. stale bread crumbs
1 tsp. salt
2 tbsp. minced onion
f.g. pepper
1 egg
2 tbsp. fat for frying

Variations:

Add any of the following ingredients to the above recipe. ¾ c. mashe potatoes or ½ c. tomato juice or 1 tsp. hot meat sauce.

Method:

1. Mix all the ingredients thoroughly.
2. **Shape into patties ½ to 1" thick.**
3. Brown patties lightly on each side in melted fat in frying pan.
4. Reduce heat and cook 6-10 minutes on each side.

PAN FRIED SAUSAGE

1. Place links in a frying pan.
2. Add about ¼ c. water, and simmer covered, 5 minutes.
   (Don't boil, and don't prick the links to let the juice out.)
3. Drain off the water, and pan fry slowly, turning with tongs to brow evenly.

ROASTING OR BAKING

CANNED CORNED BEEF HASH

Yield: 4 servings

Oven Temperature 350°. ½ hour.

1 8 oz. tin of tomato sauce
½ c. chopped onion
½ tsp. salt
2 drops tabasco sauce
1 tsp. prepared mustard
1 tin canned corned beef hash
½ c. grated cheese

1. Mix the tomato sauce, onion, salt, sauce, and mustard together.
2. Pour ½ cup of this mixture in the bottom of a casserole dish.
3. Cover with a layer of corned beef hash, then sprinkle with the cheese.
4. Repeat Step 2 and 3 again, and bake.

FRANK QUAILS

Oven Temperature: 425°

1. Slit frankfurters lengthwise, but not through.
2. Fill with a stick of sharp cheese, ½" thick.
3. Wrap each frank spiral fashion with a slice of bacon, fastening each end with a toothpick.
4. Place in a baking dish split side up. Bake in a hot oven (425°) or broil until bacon is crisp and cheese is melted.

CHEESE MEAT LOAF

Yield: 4 servings

Oven Temperature: 350° — 1-1½ hours

¾ lb. ground beef
⅓ c. chopped Cheddar cheese (cut into ¼-½" cubes)
2 tbsp. chopped onion
½ c. bread crumbs
1 tsp. salt
1/6 small bay leaf crushed
1/16 tsp. thyme
dash garlic salt
1 egg

1. Mix all the ingredients together.
2. Place in a greased loaf pan, and bake.

SPECIALTY MEATS

BARBECUED SPARERIBS

Yield: 6 servings **Temperature 350° — 1¾ hours**

4 lb. spareribs in 3-rib pieces
¾ c. minced onion
1 c. catsup
1 c. water
1½ tsp. mustard
¼ c. sugar
⅛ tsp. cayenne
1 bay leaf
1½ tsp. Worcestershire sauce

1. Brown spareribs and place in roasting pan.
2. Make barbecue sauce of remaining ingredients.
3. Pour half over meat, cover and baste 2 or 3 times during baking.
4. Uncover during last 15 min. of baking. Keep remaining sauce hot and serve with spareribs.

Note: Short ribs may be used instead of spareribs. These need only be browned before they are baked in the barbecue sauce. They may also be cooked in a covered pot on top of stove.

SWEET AND SOUR SPARERIBS *

Yield: 2 - 3 servings

1 lb. cut spareribs sections
1 tbsp. flour
1 cup beef broth or consomme
⅛ tsp. thyme
2 tbsp. vinegar
2 tbsp. brown sugar
½ bay leaf
1 clove

1. Brown spareribs slowly in frying pan.
2. Remove spareribs and pour off all but 1 tbsp. dripping.
3. Stir flour into drippings, add beef broth and cook till thickened.
4. Add spareribs and remaining ingredients; cover and simmer 30-45 minutes.

PORK CHOPS BAKED IN TOMATO SOUP

Yield: 6 servings **Temperature: 350° — 1 hour**

6 pork chops—½" or more thick
¼ c. flour
1 tin condensed tomato soup
1 c. water
½ c. chopped celery
1 green pepper, seeded and chopped
¾ c. chopped onions
¾ tsp. salt
¼ tsp. paprika

1. Dredge chops with flour, brown them in hot fat; place chops in baking dish.
2. Combine other ingredients and pour around chops, and cover the dish.
3. Bake in a moderate oven. Remove the cover for the last 15 minutes.

BREADED VEAL CUTLETS

Yield: 4 servings **Temperature: 325° — ½ hour**

4 veal cutlets—½" thick
Seasoned bread or cracker crumbs
1 egg
2 tbsp. water
3-4 tbsp. butter or dripping

1. Wipe cutlets with a damp cloth.
2. Beat egg slightly, add water.
3. Dip cutlets in crumbs then in egg mixture and again in crumbs.
4. Brown the cutlets in hot fat.
5. Cook covered over very low heat or in a moderate oven, 325°, until tender, about ½ hour.

CURRIED LAMB WITH RICE

Yield: 6 servings **Temperature: 375 degrees — 1 hour**

2 lbs. stewing lamb or shoulder lamb chops
2 tbsp. flour
1 tsp. salt
1 tsp. curry powder
1 tbsp. fat
½ c. chopped onion
2 c. water
2 tbsp. vinegar
Cooked rice

1. Mix flour, salt and curry powder; Cut meat in small pieces and dredge in flour mixture.
2. Brown onion in fat in frying pan. Add meat and brown slightly.
3. Add water and vinegar.
4. Cook in casserole in moderate oven or in closely covered pan on top of stove.

Note: If gravy is too thin, thicken to desired thickness with flour mixed to a paste with cold water. Served on steamed or boiled rice.

Fish

Fish is a meat substitute. It is a source of protein, iron, and iodine, Vitamin A and D, and in some fish, of fat.

Fish may be purchased fresh or frozen, whole, drawn, dressed, in fillets, or in steaks, canned, smoked, dried, and pickled.

Fish should be properly cared for. If not cooked as soon as received, it should be wrapped in waxed paper to prevent loss of juices and kept in a very cold place. Frozen fish should be kept frozen until ready to use. It may be partly, but never completely, thawed if too stiff to handle for stuffing. Cooking while frozen prevents escape of juices. Allow double time for cooking frozen fish.

Fish should be cooked quickly at a high temperature to retain flavour and texture, and to prevent toughening of the protein and loss of juices. It has little connective tissue requiring softening. The time for cooking depends on the thickness of the fish. Fish is sufficiently cooked when it takes on a creamy color and flakes may be separated easily but is still full of juice.

Fish steaks are cross section slices of the larger sizes of dressed fish.

Fish fillets are the sides of the fish, cut lengthwise away from the backbone.

Dressed fish are scaled, eviscerated, usually with head, tails and fins removed.

Drawn fish have only the entrails removed.

Whole or round fish are sold just as they come from the water.

BAKED STUFFED FISH

An oven can be a homemaker's best friend, especially when it comes to cooking fish. Just follow the easy 1-2-3 rule for the oven cookery of fish which has been devised by the Home Economists of Canada's Department of Fisheries and you will be more than pleased with the results.

1-2-3 RULE

1. Measure the thickness of the fish with a ruler, measuring through the thickest part.
2. Place the fish in a hot oven at 450° F. to 500° F.
3. Allow about 10 minutes cooking time for each inch of thickness if the fish is fresh and about 20 minutes cooking time for each inch of thickness if the fish is frozen.

You will know that your fish is cooked—

When the flesh loses it stranslucent appearance and takes on a whitish tint.

When the juices are milky.

When the flesh is easily pierced by a fork and will separate into flakes.

Overcooking will cause it to toughen, shrink and dry out. Cook your fish only until the above signs show that it is done.

BAKED STUFFED WHOLE FISH

A baked stuffed whole fish can be every bit as festive as a roast of beef or a roast turkey and it doesn't take as long to cook. Prepare the baked stuffed whole fish this way:

Clean the fish by removing the entrails, scales and fins. The head and tail may be left on if desired. Wash and dry the fish. Sprinkle it on the inside with salt. Stuff it loosely with bread stuffing (see recipes that follow) allowing about a cup of stuffing for each pound of dressed fish. Fasten the opening with small skewers or toothpicks and loop string about them as you would lace shoes.

Place the stuffed fish in a greased baking dish or on a greased broiler rack or baking sheet. Brush the skin with cooking oil or melted fat. If the tail has been left on, cover it with a piece of fat bacon. Measure the stuffed fish. Bake it in a hot oven at 450 degrees F., allowing 10 minutes cooking time for each inch of stuffed thickness.

Serve the fish with or without its skin. For serving, carefully lift it onto a heated serving platter using two broad spatulas. Remove skewers or toothpicks and string and garnish the fish with parsley, cress, or lemon slices.

BREAD STUFFING

- 3 tablespoons chopped onion
- ¾ cup chopped celery
- 6 tablespoons butter
- 1 teaspoon salt
- Dash pepper
- 1 tsp. thyme, sage or savory seasoning
- 4 cups day-old bread crumbs

Cook onion and celery in butter for about 10 minutes or until tender. Combine all ingredients: mix thoroughly.

GARNISHES FOR FISH DISHES

Lemons cut in quarters and sprigs of parsley.
Radish roses and curled celery.
Tomatoes sliced and sprinkled with chopped parsley.
Tomato jelly cut in cubes.
Yolk of hard-cooked egg rubbed through strainer, the white cut in strips.

FISH COOKED IN MILK

Yield: 5 or 6 servings

- 2 lbs. fish
- 2 tsp. salt
- 1 c. milk
- 2 tbsps. butter or margarine
- 2 tbsp. flour
- Seasoning

1. Cut the fish ready to serve or use fillets or steaks.
2. Soak in heavily salted cold water for five minutes.
3. Place fish in boiling milk; simmer until well cooked.
4. Prepare a sauce with the milk using the butter and flour. Season well.

FISH COOKED IN FOIL OR PARCHMENT PAPER

Yield: 4 6 servings

2 lbs. salmon, halibut, cod or haddock
Salt and pepper
2 tbsp. chopped onion
2 tbsp. chopped celery
1 tsp. butter

1. Wipe fish; leave whole or cut into portions as desired.
2. Rinse parchment paper in cold water; place fish and other ingredients in the center of the foil.
3. Fold around fish; place in boiling water.
4. Boil 15 mins. per inch thickness for fresh fish, 30 mins. for frozen fish.
5. Mix liquid in foil with an equal quantity of milk to make a medium white sauce. Season well and serve very hot.

SPENCER METHOD FOR FISH FILLETS

Yield: 6 servings

Oven Temperature: 500° F. 10 minutes per inch of thickness.

2 lbs. fish fillets
1 c. milk
2 tsp. salt
¾ c. fine dry bread crumbs

1. Cut fillets into individual portions, and soak three minutes in milk to which salt has been added.
2. Drain, and roll in dry bread crumbs.
3. Place fish on a greased baking dish, dot with 2 tbsp. butter, and bake.

TUNA NOODLE CASSEROLE

Yield: 6 servings

Oven Temperature: 350° F. 20 minutes

¼ lb. medium noodles
1 qt. water, boiling
½ tsp. salt
1 tin (10 oz.) cream of mushroom soup
2 T. table fat
1 can (7 oz.) tuna fish
½ c. milk
½ c. grated cheese

1. Add noodles to boiling salted water and cook for 15 min. or until tender. Drain in sieve.
2. Drain oil from tuna; flake with a fork.
3. Combine noodles, mushroom soup, tuna, and milk.
4. Pour into baking dish; sprinkle with cheese and bake.

TUNA CHIPS CASSEROLE

Oven 375° Yield: 4 servings. 25 minutes

2 tbsp. fat
2 tbsp. chopped onion
1 can cream of mushroom soup
1 c. drained green peas
1 7 oz. can tuna
1½ c. crushed potato chips

1. Saute onions in fat till transparent, using a frying pan.
2. Blend in mushroom soup and milk.
3. Stir in peas and flaked tuna.
4. Sprinkle half of chips in bottom of a one-quart casserole.
5. Pour in mushroom tuna mixture.
6. Top with remaining chips, and bake.

Note: Salmon or chicken may be used instead of tuna.

SALMON LOAF

Yield: 4 servings

Oven Temperature: 350° F. 45 minutes

1 cup canned salmon
1 egg, beaten
1/16 tsp. pepper
½ tsp. lemon juice
1 c. soft bread crumbs
1 c. milk
¼ tsp. salt
½ tbsp. finely chopped onion

1. Remove the skin from the fish if desired; crush the soft bones and mix with the oil and flaked salmon.
2. Mix all the ingredients in a bowl.
3. Place in a greased loaf tin and dot with butter, and bake till firm and brown.

NOTE—Any kind of fish may be used instead of salmon.

FISH BALLS

Yield: 5 servings

1 c. fish
1 egg, beaten
1½ c. mashed potatoes
1 tbsp. butter
½ tsp. onion juice
pepper and salt to season

1. Mix the ingredients well in a bowl and beat until fluffy.
2. Form into balls or cakes and roll in finely sifted bread crumbs.
3. Fry in hot fat or deep fry, until golden brown.
4. Drain and serve hot.

NOTE—Suitable types of fish to use: codfish, salmon, haddie, salt cod or dry shredded cod, any cooked flaked fish.

If salt codfish is used, tear it into shreds and freshen by covering with warm water. Then cover with cold water and just bring to the boil.

FISH CRISPIES

Yield: 6 servings

Oven Temperature: 450-500° F. 10-15 minutes

2 lbs. fish fillets
1 c. soft crumbs
1 tbsp. melted butter
1 tbsp. chopped onion
1 tsp. poultry seasoning
salt, pepper
¼ c. milk
1 strip bacon

1. Wipe fish and cut into servings.
2. Place on greased baking pan, salt lightly.
3. Combine other ingredients, except bacon, to form dressing.
4. Place mound of dressing on each piece of fish. Sprinkle with finely chopped bacon and bake until done.

STUFFED FISH FILLETS

Yield: 6 servings

Temperature: 350° F. 8-10 minutes per inch

2 lbs. fillets or a whole fish

Dressing:

1½ c. crumbs

½ can tomato soup

1½ tbsp. melted butter

½ tsp. salt

½ tbsp. onion juice

¼ tsp. poultry dressing

1. Clean fish, wipe with damp cloth.
2. Mix dressing.
3. Stuff whole fish, fasten with skewers; or place dressing on one fillet and cover with the other fillet; or place fillet on greased baking pan and put the dressing on in small mounds.
4. Dot with butter and bake.

Poultry

Grading

Dressed or eviscerated poultry must be graded for inter-provincial and export trade and for most large cities in Canada. The official grade tag is a colored circle or rectangle attached to the breast.

Grade Special—purple tag. Commercially perfect.

Grade A—red tag. Well-fleshed, especially fattened for tenderness, flavor. Perfect in formation.

Grade B—Blue tag. Not so well fleshed, lacking the appearance of Grade A.

Grade C—yellow tag. Lack fleshing or may be well-fleshed but have pinfeathers or slight discoloration.

CHICKEN POT PIE, COUNTRY STYLE

Yield: 6 to 8 servings

Temperature: 400 degrees

One 5 or 6 lb. fowl or chicken. 1 to 2 c. cooked mixed vegetables.

Crust

(rich variation of baking powder biscuit)

1 c. flour

2 tsp. baking powder

¼ tsp. salt

2-3 tbsp. fat

⅓ to ½ c. milk

Preparation of Chicken:

Dress and clean chicken. Cut off legs, separate drumsticks and thighs. Cut off wings. Separate breast and back by cutting and breaking just back of ribs.

To Stew Chicken:

Cover with boiling water, add one slice onion and boil 5 mins. Reduce heat, cook slowly till tender. (Or use pressure cooker directions.)

Preparation of Pie:

Remove chicken from bones and place in greased baking dish. Cover with assorted vegetables. Thicken broth and pour over chicken. Mix crust and roll dough ½ inch thick. Cut out small rounds and place close together to cover pie. Bake in hot oven 400 degrees, 20 mins. to 30 mins. or until brown and crust is cooked.

STEWED CHICKEN

Yield: 6 to 8 servings

1-1½ hours — simmer

4 to 5 lbs. boiling fowl

Water to almost cover (If pressure cooker is used 2 c. water)

Onions, celery, parsley as desired

2 tsp. salt

1. Clean and cut chicken into serving pieces.
2. Add water, salt and vegetables and cook until tender.
3. Remove chicken, arrange on platter. Pour sauce over it. Cooking time depends on age of bird. For pressure cooker follow manufacturer's directions.

SAUCE

3 c. chicken stock

⅓ c. flour

⅓ c. cold water

Salt and pepper

Mushrooms if desired

Blend flour with cold water; add to stock slowly. Stir and cook until thickened.

Desserts

The well-planned dessert will be a happy ending to the meal. The kind of dessert chosen will depend on the other foods in the meal. A low calorie main course may be followed by a rich dessert such as pie or steamed pudding. A heavy main course will require a more simple dessert that will be more easily digested, for example fruit or fruit whip. If the main dish was an omelet, a custard would be a poor choice for the dessert as the flavour in the first course would be repeated.

For your desserts: a quick approximate calorie counter.

1 c. fat	1700 calories	1 oz. unsweetened chocolate	145 calories
1 c. sugar	800 calories		
1 c. flour	400 calories	1 tbsp. gelatine powder	35 calories
1 c. whole milk	160 calories		
1 c. skim milk	90 calories	3 oz. flavored jelly powder	325 calories
1 large egg	80 calories		
1 c. medium heavy whipping cream	800 calories	1 c. dates	505 calories
8-12 assorted nuts (½ oz.)	94 calories		

LEMON SNOW PUDDING

Yield: 6 servings

1 tbsp. unflavored gelatine
¼ c. cold water
¾ c. hot water
½ c. sugar
¼ c. lemon juice
Grated lemon rind
2 egg whites

1. Soak gelatine in cold water for 10 min.
2. Dissolve sugar in hot water, add lemon rind, boil together 2 or 3 min.
3. Pour hot liquid over softened gelatine, stir well to dissolve the gelatine and add the lemon juice.
4. Chill until the mixture is partly set.
5. Beat until foamy, add stiffly beaten egg whites and continue beating until the mixture begins to thicken.
6. Pour into molds rinsed with cold water or pile lightly in serving dishes.
7. Serve with custard sauce. (See Dessert Sauces.)

SPANISH CREAM

Yield: 5 or 6 servings

1 tbsp. unflavored gelatine
¼ c. cold water
1½ c. milk
2 egg yolks
2 egg whites
⅓ c. sugar
¼ tsp. salt
½ tsp. vanilla

1. Soak gelatine in cold water for 10 min.
2. Scald milk in a double boiler.
3. Beat egg yolks slightly, add sugar and salt.
4. Add hot milk and cook over hot water or low heat, stirring constantly, until it coats a spoon, forming a thin custard.
5. Remove from heat, add vanilla.
6. Pour the mixture over the soaked gelatine, stir until dissolved and cool.
7. When the mixture is beginning to set, beat well and fold in the stiffly-beaten egg whites.
8. Pour into molds rinsed out with cold water or into serving dishes.
9. Let set, serve with whipped cream if desired.

JUNKET

Yield: 4 servings

1 pt. milk
3 tbsp. sugar
f.g. salt
1 junket tablet
1 tbsp. lukewarm water
¾-1 tsp. flavouring

1. Dissolve junket tablet in the lukewarm water.
2. Heat the milk in the double boiler until it is lukewarm.
3. Add the sugar and flavouring to the milk, stir until the sugar is dissolved.
4. Add the junket and pour into serving dishes.
5. Let stand at room temperature until firm, and chill.
6. Garnish with whipped cream or fruit and serve.

FLOATING ISLAND

1. Make a custard sauce of egg yolks. See dessert sauces on page 58.
2. Prepare a meringue with the egg whites. See below.
3. Pile the meringue in a serving dish.
4. Pour the hot custard sauce around the meringue.
5. Chill and garnish with jelly or cherries and serve.

Meringue:

1. Beat egg whites until stiff but not dry.
2. For each egg white add 1½ tbsp. sugar gradually.
3. If desired the meringue may be flavoured with a few drops of vanilla.

BAVARIAN CREAM

Yield: 6 servings

1½ tbsp. gelatin
¼ c. cold water
1 c. hot liquid
½ c. sugar
1 c. whipping cream

1. Soak gelatin in cold water.
2. Dissolve soaked gelatin and sugar in hot liquid.
3. Chill until it begins to thicken.
4. Add flavoring, fold in whipped cream.
5. Pour into moulds. Let stand until set.

Variations:

Pineapple—Use 1 c. crushed pineapple, using juice as hot liquid. Add 1 tbsp. lemon juice.

Orange—Use ¼ c. boiling water for the hot liquid and when gelatin is dissolved add ¾ c. orange juice and 1 tbsp. lemon juice. Use 1 c. sugar.

Coffee—Use 1 c. strong coffee as the hot liquid.

BAKED CUSTARD

Yield: 4 servings

Temperature: 350°. 45 minutes - 1 hour

2 eggs
2 c. milk
¼ c. sugar
⅓ tsp. salt
½ tsp. vanilla

1. Scald the milk.
2. Beat the eggs until they are mixed.
3. Add the sugar and salt to the eggs, beat until well blended.
4. Pour the hot milk into the egg mixture, stirring constantly.
5. Add the vanilla.
6. Pour the mixture into greased individual custard cups.
7. Set the cups into a pan of hot water.
8. To test the custards insert a knife blade in the center of the custard. If the blade comes out clean the custard is done.
9. Remove from the oven and from the pan of hot water.
10. Chill.

THICKENING A LIQUID WITH A STARCH

A. CORNSTARCH BLANC MANGE

Yield: 4 servings **Time: Approximately 15 minutes**

3 tbsp. cornstarch
2 tbsp. sugar
f.g. salt
¼ c. cold milk
2 c. hot milk
½ tsp. vanilla

1. Blend dry ingredients and cold milk in a bowl or top of double boiler.
2. Add hot milk to the cornstarch mixture, stirring constantly.
3. Cook over boiling water till thick, stirring constantly. Add vanilla.
4. Cover and cook about 10 minutes, stirring occasionally.
5. Serve with raw or canned fruit, jelly, milk or cream.

B. Variation: For Chocolate Blanc Mange, add 2 tbsp. cocoa to dry ingredients and process as in preceding recipe.

C. Fruits might be added for another variation.

FRUIT WHIPS

Yield: 6 servings

1 c. fruit pulp, prune, apricot, banana, apple sauce, grated apple, or crushed berries.
¼ c. sugar
2 egg whites
lemon juice, if desired.

1. Beat egg white until stiff but not dry.
2. Add the sugar gradually and beat until dissolved.
3. Add the lemon juice to the fruit pulp.
4. Fold the fruit pulp into the egg white mixture.
5. Pile lightly into a serving dish.
6. Chill and serve.
7. Custard sauce may be made from the egg yolks. (See Dessert Sauces.)

NOTE—Prune whip may be turned into a baking dish and baked in a slow oven until set. Approximately 20 min.

RICE PUDDING

Yield: 4 servings

¼ c. rice
½ tsp. salt
¼ c. sugar
2 c. milk
¼ c. raisins (optional)
¼ tsp. vanilla

1. Wash the rice in cold water.
2. Cook rice, salt and milk over hot water for 45 min. or until tender.
3. Stir occasionally with a fork, add more milk if it becomes dry.
4. Add the sugar and raisins, and cook 5 min. longer.
5. Add vanilla and serve.

MINUTE TAPIOCA PUDDING

Yield: 3 servings

1 egg white
1 egg yolk
2 T. sugar
1 c. milk
2 T. minute tapioca
⅛ tsp. salt
1 T. sugar
¼ tsp. vanilla

1. Beat egg white until foamy.
2. Add 2 T. sugar and continue beating until it stands in soft peaks. Set aside.
3. Mix egg yolk, tapioca, salt, 1 T. sugar and milk in top of double boiler.
4. Cook over boiling water stirring constantly until it thickens.
5. Remove from heat and pour a small amount of the hot mixture into beaten egg white at a time.
6. Add vanilla. Serve warm or cool.

STEAMED RASPBERRY PUDDING

Yield: 6 servings

¼ c. butter
¼ c. sugar
2 eggs
3 T. raspberry jam
¼ c. flour
1 T. hot water
½ t. baking soda

1. Cream butter, add sugar, add beaten eggs and jam.
2. Add hot water to baking soda and add to first mixture.
3. Add flour.
4. Steam 1½ hours (see directions for steaming).

Directions for Steaming

Fill greased pudding mould ⅔ full and cover tightly; double-thick waxed paper fastened securely or aluminum foil is satisfactory.

Place the mould in the steamer which should have sufficient water to last through the steaming. The water should be kept at the boiling point.

Note: Pressure cooker according to directions may be used instead of steamer.

BREAD PUDDING

Yield: 4 servings

Temperature 300° - 325° — 30 to 45 minutes

1 c. stale bread cubes
1 egg, slightly beaten
¼ c. sugar
¼ tsp. salt
1-1½ c. hot milk
1 tsp. flavouring or f.g. nutmeg
½ c. raisins (optional)
1 tbsp. butter or margarine

1. Place the bread in a buttered baking dish.
2. Mix egg, sugar, and salt; add hot milk, flavouring or nutmeg, and pour this mixture over the bread.
3. Add the raisins, if used, and dot with butter.
4. Set the dish in a shallow pan of hot water and bake until firm and delicately browned.
5. The pudding is cooked when a knife blade comes out clean.
6. Serve with sauce or cream.

RHUBARB CRUNCH

Oven 350° Yield: 9" x 9" pan 1 hour

A.
- 1 c. brown sugar
- 1 c. sifted flour
- ¾ c. rolled oats
- ½ c. melted fat
- 1 tsp. cinnamon (optional)

B.
- 4 cups diced rhubarb

C.
- 1 c. sugar
- 2 tbsp. cornstarch
- 1 c. water
- 1 tsp. vanilla

1. Thoroughly mix A ingredients and press half this mixture into greased pan.
2. Cover with 4 cups rhubarb (B).
3. Combine sugar and cornstarch, stir in water (C).
4. Cook till clear and add vanilla.
5. Pour over rhubarb.
6. Top with remaining crumbs and bake.
7. Serve with cream as a dessert.

MERINGUES

Yield: 4-6 meringues

250° — 1 hour

- 2 egg whites
- 1/16 tsp. cream of tartar
- ½ c. fine granulated sugar or fruit sugar

1. Beat egg whites until foamy. Add cream of tartar, continue beating until mixture forms peaks.
2. Add sugar very gradually while continuing to beat until mixture is very stiff.
3. Shape into nests or rounds on greased baking sheet; allow ample space between meringues.
4. Bake in a very slow oven until shells are thoroughly dried and tops are cream colored.
5. Remove from baking sheet as soon as baked. Cool completely before serving.
6. Fill shells with flavored whipped cream or ice cream.

LEMON SPONGE PUDDING

Yield: 6 servings. Temperature: 325°. 45 minutes - 1 hour

- 5 tbsp. flour
- 1 c. sugar
- 3 tbsp. margarine or butter
- 3 eggs, separated
- 3 tbsp. lemon juice
- 1 tsp. lemon rind
- 1 c. milk

1. Cream margarine or butter.
2. Add sugar and cream it in with the butter or margarine.
3. Blend in the flour.
4. Add the well-beaten egg yolks.
5. Add the milk, lemon juice and rind and mix well.
6. Fold in the stiffly-beaten egg whites.
7. Pour into a greased baking dish, or into individual baking dishes, and bake.
8. A cake top will form with a custard layer below.

APRICOT OR PRUNE SOUFFLE

Yield: 4 servings

350° — 45 min.

- ⅔ c. prune or apricot pulp
- ⅓ c. sugar
- ⅛ tsp. salt
- 2 tsp. lemon juice
- 3 egg whites

1. Chop stewed apricots or stewed pitted prunes finely or rub through a course sieve.
2. Place in a saucepan with the salt, sugar, and lemon juice; cook until the mixture is like jam. Cool.
3. Beat the egg whites until stiff; fold in the fruit pulp.
4. Pile lightly in a buttered baking dish; set the dish in a pan of hot water.
5. Bake in a moderate oven until the center is firm to the touch when pressed lightly with the forefinger.
6. Serve at once with Custard Sauce. (See Dessert Sauces.)

CREAM PUFFS (Choux Paste)

Yield: 8 large puffs

450° for 15 min., then 325° for 25 min.

- ½ c. butter
- 1 c. water
- 1 c. flour
- 4 eggs

1. Heat butter and water to boiling point in a saucepan.
2. Stir in flour — stirring constantly until mixture leaves the pan and forms into ball.
3. Remove from heat; cool.
4. Add eggs one at a time, beating vigorously after each addition until mixture is smooth.
5. Drop from spoon two inches apart on a greased baking sheet; bake.
6. Allow to cool slowly away from drafts.
7. Cut off tops with sharp knife. Fill with sweetened whipped cream or cream filling. Replace tops, dust with icing sugar. Serve cold.

FROZEN LEMON CAKE

Yield: 6 servings

- 3 eggs
- ½ c. sugar
- Juice and rind of 2 lemons
- ⅔ c. graham cracker or vanilla wafer crumbs
- 1 c. heavy cream

1. Mix up egg yolks, sugar, lemon juice and rind and cook over hot water.
2. Stir constantly until thick as heavy cream. Remove from heat and cool.
3. Mix into the cool custard the egg whites, which have been beaten until they stand in peaks, and the stiffly beaten cream.
4. Roll crisp graham crackers or vanilla wafers.
5. Sprinkle half the crumbs on bottom of refrigerator tray. Add dessert mixture, sprinkle remaining crumbs over top. Freeze until firm.

APPLE CRISP

Yield: 6 servings. Temperature: 350°

6 apples (sliced)
f.g. cinnamon
¼ c. margarine or butter
⅔ c. flour
½ c. brown sugar
f.g. salt

1. Mix flour, brown sugar, salt, cinnamon, and butter until it resembles bread crumbs.
2. Peel and core apples and slice into a greased baking dish.
3. Spread the butter, flour, brown sugar mixture on top.
4. Bake until the fruit is tender and the top is a golden brown.

LEMON SOUFFLE

Yield: 4 servings

350° — 45 minutes

4 egg whites
4 egg yolks
Few grains salt
6 tbsp. confectioner's sugar
2 tbsp. lemon juice
1 tbsp. lemon rind

1. Beat the whites until stiff and the yolks until thick and light-colored.
2. Beat the salt, sugar and lemon juice gradually into the egg yolks.
3. Fold into the beaten whites.
4. Pour into a buttered baking dish; set the dish in a pan of hot water.
5. Bake in a moderate oven until the center is firm to the touch when pressed lightly with the forefinger.
6. Serve at once with cherry or raspberry sauce.

Dessert Sauces

CHERRY OR RASPBERRY SAUCE

Yield: 4 servings

1 tbsp. cornstarch
¼ cup sugar
Few grains salt
1 c. juice drained from canned red cherries or raspberries
1 tbsp. lemon juice

1. Mix the cornstarch, sugar, and salt in a saucepan; stir in the fruit juice.
2. Stir over direct heat until the mixture boils.
3. Add the lemon juice; add more sugar if necessary.

BROWN SUGAR SAUCE

Yield: 6 servings

½ c. brown sugar
2 tbsp. flour
1 c. boiling water
1 tbsp. butter
½ tsp. vanilla

1. Mix the sugar and flour thoroughly.
2. Add the boiling water.
3. Cook over direct heat until there is no taste of raw starch, stirring constantly (approximately 10-15 minutes).
4. Remove from the heat, add vanilla and butter.

MOCK MAPLE SYRUP

Yield: 1 cup

½ c. corn syrup
¼ c. brown sugar
1 tbsp. butter
½ c. water
f.g. salt
½ tsp. vanilla

Combine the ingredients and boil 8-10 minutes.

CHOCOLATE SAUCE

Yield: 1¼ cups

¼ c. cocoa
¾ c. sugar
⅛ tsp. salt
¾ c. water
1 tsp. vanilla

1. Mix cocoa, sugar, salt and water in saucepan.
2. Boil 3-4 minutes.
3. Remove syrup from heat, add vanilla.
4. Store, covered in refrigerator.

CUSTARD SAUCE

Yield: 4 servings

1 egg or 2 egg yolks
2 tbsp. sugar
f.g. salt
1 c. milk
½ tsp. flavouring

1. Scald the milk.
2. Beat the egg slightly and add the sugar and salt. Blend well.
3. Add the hot milk slowly, stir well.
4. Return to the top of the double boiler and cook over moderate heat, stirring constantly until the mixture is thick enough to coat a spoon.
5. Add the flavouring and cool.

NOTE--Custard sauce will curdle if it is cooked at too high a temperature for too long a period. If the sauce does curdle place in a pan of cold water and beat with a rotary beater.

LEMON SAUCE

Yield: 6 servings

½ c. sugar
1 tbsp. cornstarch
1 c. boiling water
2 tbsp. butter or margarine
Juice of ½ lemon
Grated lemon rind

1. Mix the sugar and cornstarch thoroughly.
2. Add the water and lemon rind.
3. Boil 5 mins. stirring constantly.
4. Remove the lemon rind.
5. Add the butter and lemon juice.

HARD SAUCE

⅓ c. butter
1½ or 1¼ c. powdered sugar
½ tsp. vanilla, or lemon juice

Cream the butter; add the sifted sugar, gradually beating until it is light and creamy. Add the flavoring and beat well.

Cereals and Flour Mixtures

Cereals are seeds of grasses: wheat, barley, oats, rice, flax. Flour and foods prepared from cereals or flour are termed cereal products.

CREAM OF WHEAT

2 Servings	3 Servings
1 c. water	1½ c. water
f.g. salt	⅛ tsp. salt
2 tbsp. Cream of Wheat	3 tbsp. Cream of Wheat

1. Put salt and water in a pan and bring to a rapid boil.
2. Slowly sprinkle in Cream of Wheat, stir constantly until mixture thickens.
3. Lower heat and continue cooking 5 minutes more, stirring occasionally.
4. Serve hot.

COOKED RICE

Yield: 3 to 4 cups 18 minutes

1 c. rice
2 c. water
1 tsp. salt

1. Put in covered saucepan, bring to boil.
2. Simmer 18 minutes without opening lid.

CINNAMON TOAST

Oven Temperature 350° 5 minutes

2 Servings	3 Servings
1 tbsp. sugar	1 tbsp. and 1½ tsp. sugar
¼ tsp. cinnamon	¼ tsp. and ⅛ tsp. cinnamon
2 tsp. margarine	1 tbsp. margarine
2 slices bread	3 slices bread

1. Mix the sugar and cinnamon.
2. Toast the bread and butter it on one side.
3. Sprinkle the sugar-and-cinnamon mixture over the buttered side of the toast.
4. Place on cookie sheet and put in pre-heated oven at 350° for 5 minutes.
5. Cut in attractive pieces and serve hot on a bread plate.

FRENCH TOAST

2 Servings	3 Servings
⅛ tsp. salt	⅛ tsp. salt
1 egg	1 egg
3 tbsp. milk	¼ c. milk
2 tsp. butter	1 tbsp. butter
2 slices bread	3 slices bread

1. Break the egg into a mixing bowl.
2. Beat the egg slightly with egg beater, add milk and salt and mix.
3. Melt 1 tsp. butter in skillet or fry pan for each slice of bread that you will cook at the same time.
4. Dip each side of the bread quickly into the egg-and-milk mixture so it is coated, but not soaked with the mixture.

5. Put the bread in the hot pan, and cook it over low heat until it is golden brown on one side.
6. Turn and brown on the other side.
7. Serve hot with syrup, icing sugar, brown sugar or jam.

ORANGE TOAST

Oven Temperature 350° 5 minutes

2 Servings	3 Servings
1 tsp. orange juice	1½ tsp. orange juice
1 tsp. orange rind	1½ tsp. orange rind
2 tbsp. sugar	3 tbsp. sugar

1. Mix the orange juice, orange rind and sugar.
2. Toast the bread and butter it on one side.
3. Spread the orange-sugar mixture over the buttered side of the toast.
4. Place on cookie sheet and put in oven at 350° for 5 minutes.
5. Cut in attractive pieces and serve hot on a bread plate.

FLOUR MIXTURES

LEAVENING AGENTS

Leavening agents make foods rise and become light and fluffy. The three leavening agents are air, steam and carbon dioxide.

Air is incorporated into food by beating or sifting. During baking the air expands. Omelets and angel cakes are leavened by air.

Steam is produced when the moisture in food is heated. The steam which is produced occupies 1600 times as much space as the liquid, and so the food is leavened, as in popovers, cream puffs, and even slightly in pastry.

Carbon dioxide is produced in three ways:

(1) by yeast which grows and gives off carbon dioxide.

(2) by baking soda when it is mixed with an acid food like sour milk or molasses.

(3) by baking powder which is a mixture of baking soda and a dry acid salt.

Some baking powders produce carbon dioxide very quickly when they are moistened. These are called quick action or single action baking powders. Examples of this kind are Magic, Nabob, and Malkins.

Other baking powders produce carbon dioxide mainly when the mixture is heated. These are called double action baking powders. Examples are Blue Ribbon and Calumet.

BATTERS AND DOUGHS

Flour mixtures, before cooking, may be classified into batters and doughs, the consistency depending upon the proportion of liquid to dry ingredients.

Liquid	Flour	Type of Mixture
1 c.	1 c.	Thin or pour batters—popovers, griddle cakes.
1 c.	2 c.	Thick or drop batters—muffins. NOTE—A cake mixture comes between a pour and drop batter. A drop cookie mixture comes between a drop batter and soft dough.
1 c.	3 c.	Soft doughs—Baking Powder biscuits, bread.
1 c.	4 c.-5 c.	Stiff dough—rolled cookies, pastry.

GENERAL ROUTINE FOR BAKING

1. Read recipe and check (a) required ingredients (b) oven temperature (c) baking time.
2. Remove milk, eggs and shortening from refrigerator if baking muffins, cakes or cookies, an hour before mixing.
3. Prepare oven, adjusting racks first.
4. Collect utensils.
5. Prepare pans.
6. Set out remaining ingredients required.
7. Check recipe for method to be used.
8. Measure ingredients.
9. Prepare as directed.
10. Bake as directed—check time.

NEW MUFFIN METHOD

1. Sift the measured dry ingredients together twice.
2. Melt the shortening or use oil.
3. Break egg into a mixing bowl and beat slightly.
4. Stir in the milk and oil or melted fat and flavoring, if used.
5. Sift dry ingredients into wet mixture, stirring just until dry ingredients are moistened. The batter will be lumpy.
6. Spoon into oiled or greased tins, ⅔ full.
7. Bake at temperature indicated by recipe.

Characteristics of good muffins are symmetrical shape, slightly rounded top, no peaks or knobs, a pebbled surface, light texture, golden brown color, no long holes or tunnels.

PLAIN MUFFINS

Yield: 12 medium 400°. 20-25 minutes

- 2 c. sifted all-purpose flour
- 4 tsp. baking powder
- ½ tsp. salt
- 4 tbsp. sugar
- 1 egg
- 1 c. milk
- 4 tbsp. melted fat
- ½ tsp. vanilla (optional)

Mix according to muffin method, and bake.

Variations:

1. Orange Muffins—Substitute orange juice for all or ½ of the milk. Add 1 tsp. grated orange rind.
2. Fruit or Nut Muffins—Add ½ c. raisins, currants, dates, or nuts to the sifted dry ingredients.
3. Cheese Muffins—Use only 2 tbsp. of sugar, add 1 c. grated cheese to dry ingredients, and use 2 tbsp. shortening.
4. Whole Wheat Muffins—Substitute 1 c. of whole wheat for 1 c. of flour. Substitute brown sugar for white—(optional—add ½ c. chopped dates).

BRAN MUFFINS

Yield: 12 medium. 425°. 20-25 minutes

- 1 cup sifted all-purpose flour
- ½ tsp. soda
- 2 tsp. baking powder
- ½ tsp. salt
- 1½ cup bran
- ½ cup brown sugar
- 1 tbsp. butter or margarine
- 1 cup sour milk or buttermilk
- 1 egg

Use muffin method—add bran to milk and brown sugar to the sifted dry ingredients and bake.

APPLE MUFFINS

Yield: 12 muffins. 400°. 25-30 minutes

- 1¾ cup sifted all-purpose flour
- 4 tsp. baking powder
- ¾ tsp. salt
- ¼ cup sugar
- ¼ tsp. nutmeg
- 1 egg
- 1 cup milk
- ⅓ cup liquid fat
- 1 tsp. grated lemon rind
- ¾ cup peeled, shredded apples

Use muffin method, adding rind and apples after the liquids have been combined lightly with the dry ingredients.

CRANBERRY ORANGE MUFFINS

Oven 400° Yield: 12 medium 20-25 minutes

- 1 c. halved cranberries
- ½ c. sugar
- 1 egg
- 1 c. milk
- 2 tbsp. melted fat or oil
- 1 tsp. salt
- 1 tbsp. grated rind
- 2 c. flour
- 3 tsp. baking powder
- 2 tbsp. sugar

1. Combine cranberries and ½ c. sugar.
2. Let stand while mixing remaining ingredients according to muffin method (Page 58).
3. Add cranberry mixture to batter at the last, and beat slightly.
4. Bake in greased muffin tins.

DATE LOAF

(Muffin Method)

Yield: 1 loaf 5"x9"

350°. 50 - 60 minutes

- 1 c. boiling water
- 1 c. chopped dates
- 1½ c. sifted flour
- 1 tsp. baking soda
- ½ t. salt
- 1 c. brown sugar
- ½ c. walnuts
- 1 egg

1. Pour water over dates and let cool.
2. Mix Muffin Method, and bake in greased, wax-paper lined pan.

GINGERBREAD

(Muffin Method)

8"x8" pan

350°. 40-45 minutes

- 1½ c. bread flour or
- 1¾ c. pastry flour
- ¾ tsp. soda
- ⅛ tsp. salt
- 1½ tsp. ginger
- ½ c. brown sugar
- 2 eggs
- ½ c. molasses
- ½ c. boiling water
- ¼ c. fat

1. Mix and sift dry ingredients.
2. Add boiling water to molasses.
3. Add beaten eggs and melted shortening.
4. Combine this with flour mixture.
5. Pour into greased pan and bake.

POPOVERS

Yield: 6-8 medium

Temperature: 450°—20 minutes and 375°—15 minutes

- 1 cup sifted all-purpose flour
- ¼ teaspoon salt
- 2 eggs
- ½ tsp. liquid fat
- 1 c. milk

Preparation of pans:

1. Grease 6-8 muffin tins or custard cups. Preheat in oven just before using.

Popover method:

1. Mix by muffin method but beat two minutes with rotary beater.
2. Fill prepared tins ½-⅔ full. Bake at 450° for 20 minutes. Reduce heat to 375° and leave about 15 minutes.
3. Serve immediately.

ORANGE BREAD

(Muffin Method)

Yield: 1 loaf 8"x4"x3½"

350°. 50-60 minutes

- 1½ c. sifted all-purpose flour
- 2 tsp. baking powder
- ¾ c. sugar
- ¼ tsp. salt
- 2 tsp. orange rind
- ¾ c. orange juice
- 2 tbsp. butter (melted)
- 1 egg beaten
- ½ c. raisins

1. Wash and dry raisins if necessary.
2. Grate the orange rind, and squeeze and measure the juice.
3. Sift first four dry ingredients together twice.
4. Add the raisins.
5. Combine the liquid ingredients and the grated orange rind.
6. Add the liquid ingredients to the dry ingredients stirring only until moistened.
7. Turn into greased pan and bake.
8. Cool 24 hours before slicing.

PUMPKIN LOAF

350°F

time: 1 hour

- 1½ c. sugar
- ½ tsp. each: cloves, cinnamon nutmeg, ginger
- ¼ tsp. baking powder
- 1 tsp baking soda
- 2 eggs
- 1⅔ c. flour
- ½ c. cooking oil
- 1 c. canned pumpkin

Method: Combine liquid ingredients. Sift together dry ingredients and add to first mixture.

Stir until flour is moistened. Pour into a greased loaf tin.

GRIDDLE CAKES

Yield: 6-8 medium

- 1 c. all-purpose flour
- 2 tsp. baking powder
- ¼ tsp. salt
- 2 tbsp. sugar
- 1 c. milk
- 1 egg
- 2 tbsp. melted shortening

Mix according to muffin method, and drop by spoonfuls on heated greased griddle or frying pan.

BISCUIT METHOD

1. Sift the measured dry ingredients together twice.
2. Cut the chilled shortening finely into the dry ingredients.
3. Add the liquid slowly—stirring only until soft dough forms a ball.
4. Turn dough onto a lightly floured board and toss till sparingly coated with flour.
5. Knead lightly for a few seconds.
6. Pat or roll out ½-¾ inch in thickness.
7. Cut with floured biscuit cutter or cut desired shape.
8. Place on prepared pan.
9. Bake 450°—12-15 minutes.

Characteristics of good baking powder biscuits: Symmetrical shape, straight sides and level tops; very light, fairly smooth and golden brown.

BAKING POWDER BISCUITS

Yield: 12 medium

450°

- 2 c. sifted all-purpose flour
- 4 tsp. baking powder
- ½ tsp. salt
- 4 tbsp. shortening
- ⅔-¾ c. milk or water

Variations

1. **Cheese Biscuits**
   ½ c. grated cheese
   Add cheese to sifted flour mixture in the basic recipe.

2. **Orange Biscuits**
   sugar cubes
   orange juice
   Dip sugar cubes into orange juice, then press into top of each biscuit.

3. **Marmalade**
   Spoon 1 tsp. orange marmalade on top of each biscuit.
   Bake at 375° F. for 25 to 35 minutes.

4. **Streusel**
   ¼ c. butter or margarine
   ½ c. sugar
   ½ c. flour
   Mix above ingredients together until crumbly. Spoon 1 T. over each biscuit before baking.

5. **Butterscotch 400°. 10-15 minutes.**
   Roll ¼" thick rectangle—spread on a mixture of 5 T. butter and ⅔ c. brown sugar.
   Roll up like jelly roll, cut ¾" thick—place in buttered muffin rings.

6. **Drop Biscuits**
   Use basic recipe but add enough liquid to make a stiff drop batter. Drop by small spoonfuls on greased pan. Bake, serve hot.

7. **Snowballs 350°. 40 minutes. Yield: 4 servings.**
   1. Make biscuit dough using half the recipe.
   2. Roll to ¼" thickness and cut into four squares.
   3. Pare and core 4 small apples. Fill center with brown sugar.
   4. Place apples on dough and sprinkle with cinnamon.
   5. Bring corners of dough up around the apple and pinch together at top. Seal edges.
   6. Bake on a greased cake pan for 40 minutes. Serve with whipped cream.

Note: Canned peach halves may be substituted for apples. Serve with sauce made from peach juice.

MASTER MIX

Yield: 13 cups

9 c. sifted flour
⅓ c. baking powder
1 tbsp. salt
1 tsp. cream of tartar
¼ c. sugar
2 c. shortening

1. Sift all dry ingredients together 3 times.
2. Cut in shortening until Mix resembles cornmeal.
3. Store in covered containers at room temperature.
4. To measure, pile lightly into a cup and level with spatula.

COFFEE CAKE

Oven 400° Yield: 8" x 8" pan 25 minutes

A.
2¼ c. Master Mix
⅓ c. sugar
1 beaten egg
½ cup milk

B.
Topping
½ c. brown sugar
3 tbsp. butter
½ tsp. cinnamon

1. Stir sugar into Mix.
2. Combine milk and egg.
3. Stir into Mix until well-blended (about one minute).
4. Put into shallow greased pan.
5. Spread topping over batter and bake.

DONUT MUFFINS

Oven 400° Yield: 18 small 20 minutes

A.
2 c. Master Mix
2 tbsp. sugar
⅓ c. milk
1 beaten egg

B.
⅓ c. butter
½ c. sugar
¼ tsp. cinnamon

1. Stir sugar into Mix.
2. Combine milk, egg and Mix until well blended.
3. Bake in small muffin tins.
4. Dip one at a time in melted butter.
5. Remove quickly and shake in a bag containing sugar and cinnamon.

BAKED CHOCOLATE PUDDING

Oven 350° Yield: 6" x 8" pan 40 minutes

A.
1 c. Master Mix
⅓ c. sugar
4 tsp. cocoa
½ c. nuts
¼ tsp. cinnamon
½ c. milk

B.
Topping
½ c. brown sugar
3 tbsp. cocoa
1¼ c. water

1. Stir sugar, cocoa, cinnamon and nuts into Mix.
2. Stir in milk and beat for 3 minutes.
3. Spread in greased pan.
4. Mix cocoa, sugar and water and bring to boil. (B)
5. Pour over contents of pan.
6. Bake and serve with sauce that forms beneath it.

Cakes And Frostings

There are three general types of cakes
1) butter cakes
2) sponge cakes
3) chiffon cakes

A standard cake has
a) a symmetrical shape with a slightly rounded top
b) a light texture
c) a soft golden brown crust
d) a tender moist crumbly texture
e) small evenly distributed holes

Test to show that cake is done:

1. It is nicely browned.
2. It shrinks from sides of pan.
3. When pressed with finger it springs back.
4. When a toothpick or knitting needle is placed in the centre, it comes out dry.

STANDARD BUTTER CAKE METHOD

1. Cream shortening.
2. Add the sugar gradually and continue creaming until light and fluffy.
3. Add eggs and vanilla to the creamed mixture and beat well.
4. Sift together flour, baking powder and salt, 3 times.
5. Add dry ingredients alternately with milk to the creamed mixture stirring after each addition until the batter is smooth.
6. Pour into greased layer pan, or paper lined muffin tins and bake.

WHITE CAKE

(Standard Method)

375° F. 1 layer or 6 2" cupcakes

25-30 minutes; 20-30 minutes

¼ c. soft shortening
½ c. sugar
1 egg
½ tsp. vanilla extract
1 c. sifted cake flour
1½ tsp. baking powder
¼ tsp. salt
⅜ c. milk

UPSIDE DOWN CAKE

350°. 50 minutes. 8" square pan

2 tbsp. butter or margarine
⅓ c. brown sugar
½ tin crushed pineapple or other fruit

⅓ c. soft shortening
¼ c. sugar
1 egg unbeaten
1¼ c. sifted all-purpose flour
½ tsp. salt
1½ tsp. baking powder
½ cup juice
1 tsp. vanilla

1. Prepare pan, melt the butter and brush the sides of the pan.
2. Sprinkle the bottom of the pan with brown sugar and arrange fruit on the bottom of the pan.
3. Mix the remaining ingredients, using the standard cake method, the juice taking the place of milk.
4. Pour cake batter over the fruit in the pan and bake.
5. Serve upside down.

DUTCH APPLE CAKE

375° F. 8" square pan. 25 minutes

Use ingredients and method for white cake and add:
1 apple
1 tbsp. white sugar
1 tsp. cinnamon

1. Make white cake using standard method.
2. Pour into greased paper-lined pan.
3. Peel and core apple and cut into sections.
4. Place in rows on the batter, pressing the sharp edges in slightly.
5. Sprinkle with sugar and cinnamon and bake.
6. Serve hot cut into squares with lemon sauce or whipped cream.

Variation: Streusel

Mix ingredients and sprinkle on the cake before baking.
½ cup brown sugar
2 tbsp. flour
2 tsp. cinnamon
2 tbsp. melted butter
½ cup chopped nuts (optional)

SPICE CAKE

Follow white cake recipe and standard method of mixing, but add ½ tsp. cinnamon, ½ tsp. nutmeg, ⅛ tsp. cloves to the sifted flour.

CHOCOLATE FEATHER CAKE

Oven 350° 8"x8" pan
25 minutes

¼ cup butter
½ cup sugar
1 egg
1 oz. chocolate
⅞ cup cake flour
2½ tsp. baking powder
¼ tsp. salt
½ cup milk
¾ tsp. vanilla

1. Cream fat and sugar
2. Add egg and beat well
3. Melt 1 oz. chocolate, then cool and beat in.
4. Sift flour before measuring, then resift with baking powder and salt.
5. Add the sifted ingredients to the batter in about 3 parts alternately with milk and vanilla.
6. Beat the batter smooth after each addition.
7. Bake the cake in a greased 8x8 inch pan in a moderate oven 350° for about 25 minutes.
8. This cake is too light to ice well. You may dust it with Confectioner's sugar and decorate it with nut meats.

LAZY DAISY CAKE

Oven 350°-375° Yield: 9"x9" pan 30 minutes

1 c. cake flour
1 tsp. baking powder
¼ tsp. salt
2 eggs
1 c. sugar
2 tbsp. butter
1 tsp. vanilla
½ c. hot milk

1. Sift flour, measure.
2. Add baking powder and salt and sift 3 times.
3. Beat eggs till thick and nearly white.
4. Add sugar gradually, beating constantly.
5. Add vanilla.
6. Fold flour into egg mixture.
7. Heat milk and butter, add to cake mixture, and mix quickly.
8. Bake in greased pan.
9. Spread with broiled icing while still hot and brown in oven. (See **Frostings**).

RAISIN CAKE

Oven 350° Yield: 9" x 5" pan 40-50 minutes

½ c. butter
1 c. brown sugar
2 eggs
1 c. sour cream
1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg
3 tbsp. cocoa
1⅔ c. flour
1 tsp. soda
1 c. raisins
⅔ c. chopped walnuts

1. Mix ingredients by standard cake method. (page 63)
2. Stir in floured nuts and raisins last and bake.

JELLY ROLL

Yield: 10"x15"x¾" pan

Temperature: 400 degrees — 10 to 12 minutes

¾ c. cake or pastry flour
¼ tsp. salt
4 eggs
¾ c. fine sugar
¾ tsp. baking powder
1 tsp. vanilla

1. Sift flour, measure.
2. Put eggs, baking powder, salt in bowl. Place over smaller bowl of hot water.
3. Beat, gradually adding sugar. Continue beating until mixture is thick and light in color.
4. Fold in flour and flavouring. Turn into pan lined with waxed paper. Bake 10 to 12 minutes.
5. Turn out immediately on towel dusted with icing sugar.
6. Remove waxed paper, spread with jelly or other filling.
7. Roll, wrap in towel and place on rack to cool.

ANGEL CAKE

Yield: 8" or 9" tube pan

Temperature: 275 to 300 degrees

Whites of 8 eggs
1 tsp. cream of tartar
1 c. fine sugar
¾ c. cake or pastry flour
¼ tsp. salt
¾ tsp. vanilla

Beat the whites of eggs until frothy. Add cream of tartar and continue beating until eggs are stiff; then add sugar gradually. Sift flour, measure, add salt and sift flour four times. Fold in flour and add vanilla. Bake in an ungreased tube pan, 50 to 60 minutes. Invert to cool before removing from pan.

Note: *To prevent overbrowning of surface, place buttered paper over top of cake pan.*

ORANGE CHIFFON CAKE

This cake combines features of both butter and sponge cakes.

325° 10-inch tube pan Approximately 60 minutes

2¼ c. cake flour
1½ c. sugar
3 tsp. baking powder
1 tsp. salt
½ c. cooking oil
5 unbeaten egg yolks
grated rind of two oranges, plus water to make ¾ cup
1 cup egg whites (7 or 8)
½ tsp. cream of tartar

1. Sift together the first four ingredients into a mixing bowl.
2. Make a "well" in the dry ingredients and add oil, egg yolks, orange juice and rind in that order.
3. Beat with a wooden spoon until perfectly smooth.
4. In a large bowl beat egg whites and cream of tartar until very stiff.
5. Pour egg yolk mixture gradually over beaten egg whites and gently fold until blended.
6. Pour into an ungreased tube pan and bake approximately 60 minutes at 325°.
7. Invert pan to cool cake; loosen with a spatula.

One third of this cake using 2 egg yolks makes 2 8-inch layers or 1 8-inch square pan.

Finish with Orange Butter Icing.

Make butter icing (page 66) — except omit vanilla, and in place of the cream use orange juice. Blend in 1½ tbsp. grated rind for extra flavor.

FROSTINGS

Broiled Icing

5 T. brown sugar
3 T. butter or margarine
2 T. cream or milk
½ c. cocoanut

1. Combine all ingredients in a small saucepan.
2. Boil on medium heat for 3 minutes.
3. Pour on cake and brown under broiler.

BUTTER ICINGS

Yield: 1 9-in cake

¼ c. soft butter
2 c. sifted icing sugar
1 tsp. vanilla
3 T. cream

1. Cream butter until fluffy.
2. Add 1 c. sifted sugar gradually and cream thoroughly.
3. Add flavouring and cream. Beat thoroughly.
4. Add remaining sugar and cream alternately continuing to beat well until smooth.

Variations:

1. Substitute ¼ t. orange, lemon or peppermint flavouring instead of vanilla.
2. Add one or two drops of food colouring.
3. For Chocolate Butter Frosting, blend 4 tbsp. cocoa into the creamed butter, or sift it with icing sugar.

FELICITY ICING

2 c. brown sugar
2 egg whites
½ c. hot water
f.g. salt

1. Combine all ingredients in top of double boiler.
2. Beat over boiling water for 5 minutes or until thick.
3. Remove from stove, beat over hot water 2 minutes longer.
4. Beat over cold water until thick enough to stand in peaks.

QUICK JELLY ICING

½ c. tart jelly
1 egg white
⅛ t. salt

1. Mix in top of double boiler, and place over boiling water.
2. Beat until jelly melts, remove from heat.
3. Continue beating until mixture holds shape.

Cookies And Small Cakes

Testing Cookies—It is advisable when making drop cookies, to make a test cookie or two before baking a whole panful. Sometimes, there is a surprise in the way that cookies act in the oven.

Storing Cookies—Cool cookies completely on a wire rack, before storing them. Most cookies keep best in a covered jar or tin.

TYPES OF COOKIES

Drop Cookies—Drop Cookies are little cakes made from batters and soft doughs. The mixture is dropped by small spoonfuls onto a prepared sheet. (The usual method being to cut out a spoonful of the soft dough and scraping it off with a rubber scraper or another spoon.)

These are the quickest and easiest type of cookie to make. For such drop cookies as hermits, rock cakes, etc., the dough should be stiff enough to hold shape during the baking, and the cookies may be placed about one inch apart on cookie sheet. Softer batters on the other hand should be placed 2 to 3 inches apart so that they will not run together. "Pressed" and "Forked" cookies are just variations of the mounded drop cookies. When the mound has been placed on the cookie pan, each mound is flattened down by either pressing with a lightly floured glass with a design in the bottom, or by pressing the mound with a lightly floured tines of a fork.

Rolled Cookies—In this type of cookie, the dough, chilled if time permits (so that extra flour will not be rolled in, to cut the cookies' richness) is rolled out into a thin sheet, and cut into shapes with floured cookie-cutters. Use as little flour as possible in the rolling process, and never roll out the whole of the dough at once.

Refrigerator cookies—The dough is molded into a roll, wrapped in wax paper, and chilled in the refrigerator at least overnight, then slice the dough thinly before baking. This method besides being quicker and easier than rolling, prevents the rolling in of extra flour, and it also enables you to store the dough in the refrigerator, and have fresh-baked cookies in a very short time.

Finger Cookies—Brownies, Chinese Chews, etc., are baked in a shallow pan and cut into fingers before turning out. Some of these cakelets are rolled in fine sugar after being baked and cut.

CORN-FLAKE MACAROONS

Yield: 40

Oven Temperature: 300° — 20 minutes

2-3 egg whites
½ to ⅔ c. sugar
2 c. corn flakes
1 c. cocoanut

1. Beat egg whites until stiff.
2. Add the sugar gradually, and fold in the corn flakes and the cocoanut, and bake as drop cookies.

OATMEAL COOKIES

Yield: 5 dozen

Oven Temperature: 350° F. — 12-15 minutes.

½ c. shortening
½ c. butter
1 c. brown sugar
1 egg
¼ tsp. vanilla
1 c. sifted all-purpose flour
1 tsp. baking soda
2½ c. oatmeal

1. Cream butter and shortening.
2. Add sugar, egg and vanilla, beat until light.
3. Stir in flour, baking soda and rolled oats.
4. This dough can be chilled in rolls, sliced and baked or rolled in balls and pressed with a fork.
5. These cookies can be used as is or filled with a date filling.

THIMBLE COOKIES

Oven Temperature 300° 15-20 minutes

⅓ c. fat
¼ c. brown sugar
2 eggs
1 c. sifted flour
red jelly
crushed nuts or corn flakes

1. Cream shortening, work in sugar gradually.
2. Add one beaten egg plus one yolk and beat well.
3. Stir in flour and roll into small balls.
4. Dip these in remaining egg white and roll into crushed nuts or corn flakes.
5. Place on greased sheets, pressed down centre with floured thimble.
6. Bake 5 minutes at 300°, press down again.
7. Bake 10 to 15 minutes more.
8. While still hot, fill centres with jelly.

CARROT AND ORANGE COOKIES

Oven Temperature 400° 12 minutes

¾ c. Crisco or margarine
1 c. white sugar
1 egg
1 c. cooked mashed carrots
2 c. sifted flour
2 tsp. baking powder
1 tsp. vanilla
grated rind of a large orange

1. Cream fat and sugar.
2. Add beaten egg and mashed carrot.
3. Mix and sift flour and baking powder.
4. Add vanilla and rind.
5. Drop by spoonfuls on greased pan and bake.

HERMITS

Yield: 4½ dozen cookies

Oven Temperature: 350°. 15-18 minutes

1 c. seedless raisins
1 c. dates
1 c. chopped nuts
2¼ c. pastry flour
1 tsp. baking soda
½ tsp. salt
½ tsp. cinnamon
⅛ tsp. allspice
⅛ tsp. nutmeg
4 tbsp. butter or margarine
4 tbsp. shortening
1 c. brown sugar
2 eggs
½ tsp. vanilla

1. Sift flour, measure, sift flour, salt, baking soda and the spices.
2. Cream butter and shortening and add sugar gradually, cream.
3. Beat eggs, and add to the shortening and sugar mixture.
4. Add dry ingredients and nuts and fruit.
5. Drop from spoon onto greased baking sheet, 1 inch apart, and bake.

PEANUT BUTTER COOKIES

Yield: 48

Oven Temperature: 375° F. 15-18 minutes

3 c. all-purpose flour
2 tsp. baking soda
¼ tsp. salt
1 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs
1 c. peanut butter
1 tsp. vanilla

1. Sift flour, measure, then sift with soda and salt.
2. Cream shortening, add both sugars, cream again.
3. Add eggs, and beat until fluffy.
4. Add peanut butter and beat.
5. Add flour mixture and vanilla.
6. Form dough into small balls. Place on greased baking sheet. Press with floured fork, and bake.

CHOCOLATE CHIP COOKIES Drop Cookies

Yield: 48

Oven Temperature: 375°. 10-12 minutes

½ c. shortening
½ c. brown sugar
1 egg
½ tsp. soda
2 tbsp. sour milk or cream
1 c. all-purpose flour
½ tsp. cloves
½ tsp. cinnamon
½ c. rolled oats
½ c. walnuts or cocoanut
2-3 oz. chocolate chips

1. Melt the butter or shortening, and add the other ingredients in the order given.
2. The chocolate is stirred into the mixture last.
3. The spices may be omitted and 1 tsp. of vanilla used.
4. Drop by spoonfuls on a greased baking sheet, and bake.

SUGAR COOKIES

Yield: 48

Oven Temperature: 375°. 10-12 minutes

2 c. all-purpose flour
½ tsp. salt
2 tsp. baking powder
⅔ c. shortening
⅔ c. white sugar
2 eggs
1 tsp. vanilla

1. Sift flour, measure, then sift with salt and baking powder.
2. Cream shortening and sugar together.
3. Add unbeaten eggs, one at a time, and beat.
4. Add dry ingredients and the vanilla. Roll (chill first), and cut with a cookie-cutter, or form into small balls, and press down with a lightly-floured glass.
5. Place on greased cookie sheet, and bake.

SLICES OR STRIP CAKES

Oven Temperature: 325° - 350° first

300° after filling is put on

1 c. all-purpose flour
6 tbsp. butter
2 tbsp. brown sugar

1. Rub together and spread in pan ⅓ inch thick.
2. Bake until slightly brown.
3. Then add one of the following fillings, and cook until done at 300° for 20 to 30 minutes.
4. Cut in strips when cold.

A. Filling One. Walnut Slice

2 eggs
1 c. brown sugar
½ c. coconut
1 c. walnuts
1 tbsp. flour
½ tsp. baking powder
Optional: 1 c. chopped dates or cherries

Orange Butter Icing

1-1½ c. confectioner's sugar
⅓ c. butter
1-2 T. orange juice

1. Cream butter, add sugar gradually, add flavouring. Sprinkle grated orange rind after it has been spread on the filling.

B. Filling Two. Honey Nut

½ c. honey
½ c. brown sugar
2 egg whites
2 tbsp. flour
1 c. cocoanut
1 c. chopped nuts
few grains salt
¼ tsp. vanilla

1. Beat egg whites until stiff.
2. Add honey and sugar and continue beating.
3. Fold in the remaining ingredients, and place on the cake.

ICE BOX COOKIES

Yield: 10 to 12 dozen

Oven Temperature: 375°

3½ c. all-purpose flour
1 tsp. baking soda
½ tsp. baking powder
½ tsp. salt
1 c. butter or margarine
½ c. brown sugar
1 c. white sugar
2 eggs
1 tsp. vanilla

1. Cream butter, add sugar and beaten eggs, and cream thoroughly.
2. Add sifted flour, soda, baking powder, and salt, then flavouring.
3. Mix well.
4. Roll in wax paper and chill thoroughly.
5. Slice with a sharp knife.
6. Bake 10 minutes on a greased sheet at 375°.

MATRIMONIAL CAKE

Yield: 9x9 pan

Oven Temperature: 350°. 20 to 30 minutes

Filling

1 c. chopped dates
½ c. boiling water
2 tbsp. brown sugar
1 tsp. lemon juice

Crumb Mixture

½ c. butter or margerine
½ c. brown sugar
1 tsp. vanilla
1 c. all-purpose flour
1 c. rolled oats
⅛ tsp. salt
½ tsp. baking soda

1. Cook dates, water, and brown sugar until soft. Cool, and add lemon juice.
2. Cream butter, sugar and add the vanilla.
3. Add rest of the ingredients, rubbing together to form a crumb mixture.
4. Press half of mixture into a greased pan, spread with the date paste, and sprinkle the remaining crumbs over the top and bake.
5. When cool, cut in squares or strips.

BUTTERSCOTCH FINGERS

Yield: 8x8x2

Oven Temperature: 325°. 25 minutes

⅓ c. melted butter or margarine
1 c. brown sugar
1 egg
1 c. all-purpose flour
1 tsp. baking powder
1 tsp. vanilla
¼ c. chopped nuts
¼ c. dates

1. Sift flour, measure, add baking powder and sift again.
2. Mix ingredients in the order given.
3. Spread evenly on pan lined with wax paper and bake.
4. Remove from pan and cut in strips while hot.

CHOCOLATE BROWNIES

Yield: 25 squares

Temperature 350° — 20 minutes

4 tbsp. cocoa
½ cup margarine or oil
2 eggs
1 cup brown sugar
½ tsp. vanilla
½ cup sifted pastry flour
½ tsp. baking powder
⅛ tsp. salt
½ cup walnuts coarsely chopped

1. Blend cocoa into melted fat.
2. Beat eggs; add sugar; beat until light and fluffy; add vanilla.
3. Combine flour, baking powder and salt; sift into the first mixture; stir well; add nuts.
4. Bake in 8-inch cake pan.

   The mixture should be soft in the centre, but firm around the edges. Cool before cutting.

(For Chocolate butter frosting see page 70-71.)

Pastry

The characteristics of good pastry are:

a) golden brown crust
b) flaky, light and tender crust
c) pleasant, somewhat short flavour

Rules for making pastry:

a) have all the ingredients cold.
b) cut fat into the size of rice grains; if fat pieces are too small the pastry will not be flaky.
c) use only enough water to mix ingredients so that the flour and fat stick together.
d) handle the dough as little as possible in order to prevent over-development of the gluten thus resulting in tough pastry.
e) roll the dough away from the centre. Do not stretch the pastry.
f) pastry may be rolled on a lightly floured board on a pastry cloth or between 2 sheets of wax paper.
g) bake pastry at a high temperature. 450° F. for 10 to 12 min.

GLAZED FRUIT TARTS

½ c. apple jelly
1 tbsp. water
1 c. drained fruit

1. Heat ½ c. apple jelly and the water until it melts.
2. Cool.
3. Fill cold cooked tart shells with strawberry, raspberry or peach.
4. Spoon melted jelly over fruit.

FLAKY PASTRY

450° F.

6 tart shells or one 6" double crust pie or one 8" shell

- 1 c. sifted all-purpose flour
- ⅓ c. fat
- ⅓ tsp. salt
- 2 tbsp. ice water

1. Sift flour and measure, add salt and sift again.
2. Cut in first half of fat using pastry blender or two knives until the mixture looks like fine meal. Remaining fat is left in pea-sized pieces to produce flakiness.
3. Add the water 1 tbsp. at a time mixing lightly with a fork until mixture is moistened.
4. Gather the dough together and press gently into a smooth ball.
5. Roll dough and cut for tart shells or fit into pie plate.

HOT WATER PASTRY

450° F.

12 tart shells or one 9" double crust pie

- ½ c. shortening
- ¼ c. plus 1 tbsp. boiling water
- 1½ c. sifted all-purpose flour
- ¼ tsp. baking powder
- ¾ tsp. salt

1. Sift and measure flour.
2. Add the baking powder, salt and sift together twice.
3. Chop the shortening in a separate bowl.
4. Add boiling water to shortening and stir until well mixed.
5. Add flour mixture and combine thoroughly.
6. Chill before rolling.
7. Roll dough and cut for tart shells or fit into pie plate.

BUTTER TARTS

6 to 8 tarts

400° — 12-15 minutes

- 1 egg
- ½ c. brown sugar
- ½ c. washed raisins or currants
- 1 T. butter
- ½ t. vanilla
- ¼ t. lemon flavouring (if desired)
- ⅛ t. salt

1. Beat egg, gradually add brown sugar and salt, vanilla and lemon.
2. Beat until full of bubbles.
3. Fold in the raisins and melted butter.
4. Drop mixture from the teaspoon into pastry-lined tart shell.
5. Bake until filling is set and the pastry in nicely browned.

APPLE PIE

2 small pies

450°—15 minutes; 350°—35 minutes

- 1¾ c. sliced apples
- ½ c. white sugar
- 1 T. all-purpose flour
- ¼ t. cinnamon
- ½ T. butter

1. Combine all ingredients except butter. Let stand until pastry is ready.
2. Put apple mixture into pastry-lined pie plate.
3. Dot with butter.
4. Cover with rolled dough and bake.

RAISIN PIE

Oven 450° for 10 minutes then 350° for 35 minutes longer

- 1 c. brown sugar
- 2 tbsp. flour
- ⅛ tsp. salt
- 1 c. raisins
- 1 c. hot water
- juice of 1 lemon

1. Combine ingredients in order given, mixing well after each addition.
2. Cook till mixture thickens, stirring to prevent scorching.
3. Cool and pour into pie plate lined with uncooked pastry.
4. Cover with top crust and bake in 8 inch pie pan.

LEMON MERINGUE PIE

2 small pies or 1 8" pie

- 4 T. cornstarch
- ¼ c. cold water
- 1¼ c. boiling water
- ¾ c. sugar
- ½ t. salt
- ¼ c. lemon juice
- 1 T. grated lemon rind
- 2 egg yolks
- 2 T. butter
- 2 small pastry-lined pie tins

1. Combine cornstarch and salt and sugar.
2. Make a paste with ¼ c. cold water.
3. Add boiling water.
4. Cook over direct heat, stirring constantly until thickened.
5. Cook over boiling water until clear (about 10 min.).
6. Beat egg yolks.
7. Stir the cooked mixture gradually into beaten egg yolks.
8. Return to double boiler and cook 3 min. longer.
9. Add lemon juice, rind and butter and cool.
10. Turn into baked pie shells and top with meringue.

MERINGUE TOPPING

300° F.

1 8" pie or 2 small pies

- 2 egg whites
- f.g. salt
- 4 T. sugar
- f.d. vanilla

1. Add salt to egg whites and beat until just stiff not dry.
2. Gradually beat in sugar and vanilla, beating after each addition until mixture stands in peaks.
3. Swivel meringue on top of pie, sealing meringue to pie crust to prevent shrinkage.
4. Bake in slow oven until set and delicately browned.

Yeast Mixtures

FLOUR MIXTURES WITH YEAST

The Batter Method

The Batter Method is the newest, quickest and easiest way to bake with yeast. As the name implies, this new type of yeast mixture is a batter rather than a dough. It eliminates kneading, shaping and the second rising. The texture is delightfully different. It cannot be made into elaborate shapes.

WHITE BATTER ROLLS

400° — 20-25 minutes

¾ c. milk
3 T. sugar
1 tsp. salt
¼ c. shortening
½ c. lukewarm water
2 tsp. sugar
2 envelopes Active Dry Yeast
2 c. sifted all-purpose flour

1. Scald milk, stir in 3 T. sugar, 1 tsp. salt and ¼ c. shortening. Cool to lukewarm.
2. Measure into bowl lukewarm water, 2 tsp. sugar and sprinkle the yeast into it and let stand 10 minutes.
3. Stir lukewarm milk mixture into yeast mixture.
4. Add flour, stir till well blended, about 2 minutes.
5. Scrape down sides of bowl, cover with damp cloth and let rise in warm place free from draft until double in bulk, about 40 minutes.
6. Bake at 400° about 25 minutes.

REFRIGERATOR DOUGH

Yield: 24 rolls

375° about 15 minutes

A
½ c. lukewarm water
1 t. sugar
1 pkg. dry yeast

B
¾ c. milk
¼ c. sugar
1 t. salt
¼ c. fat

C
1 well-beaten egg
3½ c. sifted all-purpose flour (approx.)

1. Dissolve the teaspoon sugar into the lukewarm water and sprinkle the yeast into this.
2. Let stand 10 minutes. Then stir briskly with a fork.
3. Scald together ingredients listed under B. Then pour these into a bowl and cool to lukewarm.
4. Add yeast mixture and well-beaten egg to B mixture.
5. Beat in 1 cup sifted all-purpose flour.
6. Thoroughly blend in 2½ cups sifted flour.
7. Brush with soft shortening. Cover bowl tightly with aluminum foil, place a damp cloth over this and tie in place.
8. Place dough in refrigerator. It may be stored for a week, but can be used anytime.
9. When you wish to bake, remove from refrigerator and knead for 5 minutes on lightly floured board.
10. Shape into desired type of rolls.
11. Cover and let rise 1½ hours or until double in bulk. Bake at 375°.

BASIC RECIPE FOR ROLLS

Yield: 18 medium rolls

Temperature: 375° — 15 minutes

1 pkg. yeast
½ c. warm water
3 T. sugar
1 egg
½ c. scalded milk
3 T. shortening
2 tsp. salt
3 c. sifted all-purpose flour

1. Prepare yeast and water as directed on package.
2. Combine milk, shortening, sugar and salt and cool to lukewarm.
3. Add yeast mixture and blend well.
4. Add egg.
5. Add flour gradually, mix thoroughly.
6. Turn dough out of well-floured board, and knead until satiny and smooth.
7. Shape into rolls and place in well-greased pans.
8. Let rise in warm place (80° to 85°) until double in volume, about one hour.

ITALIAN PIZZA

Yield: 1 pie, 6-8 servings

400°. 20-25 minutes

A
½ c. lukewarm water
½ tsp. sugar
½ envelope active dry yeast
½ tsp. salt
2 T. oil
¾ c. sifted all-purpose flour
½ c. sifted all-purpose flour

B
⅓ c. tomato paste
⅓ c. water
½ tsp. salt
1 T. oil
½ tsp. crushed oregano
f.g. pepper
Few drops Tabasco Sauce

C
¼ lb. Muenster or Mozzarella cheese
¼ lb. sausage, ground beef or salami
1 T. grated Parmesan cheese
¼ c. sliced mushrooms (optional)

1. Measure into a bowl the lukewarm water and stir in sugar.
2. Sprinkle with yeast, and let stand 10 minutes. Then stir well.
3. Stir in ½ tsp. salt, 2 T. oil and ¾ c. flour. Beat until smooth.
4. Stir in an additional ½ c. flour.
5. Turn out dough on board floured with 2 T. flour. Work in flour and knead until smooth and elastic. Form dough into a ball.
6. Knead lightly on floured board and roll out into a circle about 18 inches in diameter. Place on greased cookie sheet and turn edges up slightly.
7. Mix together B ingredients in a small bowl, and spread half of it over dough circle.
8. Spread sausage, mushrooms and Mozzarella cheese over this.
9. Finish with remainder of B mixture and Parmesan cheese.
10. Bake, cut in pie shapes and serve hot.
11. Variation: All of B mixture may be spread on dough, then sausage and mushrooms, and this topped with the Mozzarella and the Parmesan cheese.

Note: This dough requires no rising time at any stage.

WHOLE WHEAT BATTER ROLLS

Yield: 12 rolls

400° 25 minutes

A
- ½ c. lukewarm water
- 2 t. sugar
- 2 envelopes dry yeast

B
- 1 c. milk
- ¼ c. brown sugar
- 2 t. salt
- ¼ c. fat

C
- 1 beaten egg
- 1 cup sifted all-purpose flour
- 1½ c. whole wheat flour

1. Measure into bowl the lukewarm water and stir in 2 t. sugar.
2. Sprinkle with yeast and let stand 10 minutes. Then stir well.
3. Meantime scald together ingredients in Group B and cool to lukewarm.
4. Stir yeast mixture (A) into milk mixture (B).
5. Stir in (C) egg and flour.
6. Beat well for 2 minutes until batter is smooth and elastic.
7. Scrape down sides of bowl and cover with damp cloth.
8. Let rise in warm place free from draft until double in bulk — about 40 minutes.
9. Stir down batter and fill muffin tins about ¾ full. Bake.

Note: One envelope yeast may be used instead of two, but rising time takes longer.

Party Suggestions

PARTY SANDWICHES

For rolled sandwiches use fresh bread; for other sandwiches use one day old bread.

Sandwiches may be made with or without the crust; for formal occasions remove the crusts with a sharp knife before bread is buttered.

If bread is too fresh to slice easily, place it in the refrigerator for 20 min. The cold air hardens the bread.

Soften the butter by leaving in room temperature before using. Beat it until soft and fluffy.

Sandwiches may be prepared in advance, wrapped in waxed paper, then in dampened towel and placed in the refrigerator.

The appearance and appeal of a tray or plate of sandwiches is improved by garnishes. Suitable garnishes: curled celery, radish roses, cress, sprigs of parsley, gherkins or other sweet pickles.

RIBBON SANDWICHES

1. Cut one ¾ slice of white bread and two slices of brown.
2. Spread brown slices with butter and contrasting fillings.
3. Place together with white slices in between the brown.
4. Let stand, wrapped, in refrigerator one hour before slicing into thin strips.

INDIVIDUAL ROLLED SANDWICHES

1. Remove crusts from bread and slice thinly.
2. Each slice may be cut in half lengthwise.
3. Spread with salad dressing or butter, then with filling.
4. Roll up like a jelly roll.
5. Wrap in waxed paper and chill until set before toasting or serving plain.

PINWHEEL SANDWICHES

1. Cut the crust from the top of a fresh loaf.
2. Slice loaf lengthwise into ⅓ inch slices.
3. Remove the crusts.
4. Spread filling on slices.
5. Starting at the end, roll up like a jelly roll.
6. Wrap in wax paper and chill.
7. Cut in ⅓ inch slices.

Note: stuffed olives, maraschino cherries, dill pickles, a peeled banana may be placed across before rolling is started.

OLIVE ROUNDS

1. With a medium sized cookie cutter, cut a circle from a brown and white slice. With a thimble cut a hole from centre of white circle.
2. Butter and spread brown circle with filling.
3. Place white on top and fill thimble hole with a slice of olive.

ORANGE SANDWICHES

1. Cut rounds of fresh bread with cookie cutter.
2. Spread with cream cheese.
3. Cover with thin slice of orange.

CHEESE DREAMS

- 1 egg
- ½ tsp. mustard
- f.g. salt
- ⅓ c. grated cheese
- ¼ tsp. paprika
- bread cut in 1½ inch cubes

1. Beat egg slightly; add remaining ingredients.
2. Dip bread cubes in the mixture.
3. Place on a greased baking sheet.
4. Brown in a hot oven; serve immediately.

SANDWICH FILLINGS

Ham: Ham may be minced, and finely chopped pickles added with enough salad dressing to moisten.

Cheese: Use a cheese spread or grated old cheese. Add chopped nuts or olives or finely chopped celery, and moisten with dressing.

Dates: Chop dates finely and moisten with cream or salad dressing. Nuts, raisins or preserved ginger may be chopped and added.

Peanut Butter: Mix in equal quantities with cream cheese or salad dressing. Orange rind or orange juice may be added.

Egg: Chop hard-cooked egg finely, season with pepper and salt. Moisten with salad dressing.

Cream Cheese: Place cream cheese in a bowl and beat. Blend in any of the following:

anchovy paste
chopped nuts
chopped dates
crushed drained pineapple
chopped sweet pickles
chopped olives

GELATINE PARTY DESSERTS (low calorie)

PINEAPPLE CHIFFON CAKE

Yield: 10 servings

1 envelope unflavoured gelatine
¼ c. sugar
¼ tsp. salt
1¼ c. crushed canned pineapple and syrup
3 eggs
1 T. lemon juice
½ c. ice-cold water
½ c. non-fat dry milk solids
6-9 large thin chocolate cookies

1. Mix together in top of double boiler gelatine, sugar and salt.
2. Beat egg yolks slightly, stir in pineapple and syrup. Add to gelatine mixture; cook over boiling water, stirring constantly until gelatine is dissolved, about 8 min.
3. Remove from heat; add lemon juice. Chill to unbeaten egg white consistency.
4. Beat egg whites until stiff. Fold in gelatine mixture.
5. Beat ice water and milk powder together with a rotary beater until stiff and mixture stands in peaks. (Take 10 min. by hand.) Fold into gelatine mixture.
6. Spoon one-fourth of mixture into 9"x5" loaf pan; top with 2 or 3 cookies; repeat twice and finish with a layer of the chiffon mixture. Chill until firm.
7. Approximately 114 calories per serving.

NO-BAKE CHEESE CAKE

Yield: 10-12 servings

2 envelopes unflavoured gelatine
6 T. sugar
¼ tsp. salt
3 eggs
1½ c. skim milk
1 tsp. grated lemon rind
3 c. creamed cottage cheese
1 T. lemon juice
1 tsp. vanilla
6 T. sugar
⅓ c. Graham cracker crumbs

1. Mix together gelatine, 6 T. sugar, and salt in top of double boiler.
2. Beat together egg yolks and milk; add to gelatine mixture. Place over boiling water and cook, stirring constantly until gelatine is dissolved and mixture thickens slightly (6 min.).
3. Remove from heat. Stir in lemon rind. Chill to unbeaten egg white consistency.
4. While mixture is chilling beat cottage cheese on high speed of electric mixer 3 min. or press cheese through sieve.
5. Stir in lemon juice and vanilla. Fold in gelatine mixture.
6. Beat egg whites until stiff, but not dry. Gradually add 6 T. sugar, and beat until very stiff. Fold into gelatine mixture.
7. Turn into an 8-inch spring form pan; sprinkle top with crumbs.
8. Chill until firm.
9. Approximately 125 calories per serving.

HOW TO ESTIMATE FOR A TEA

Commercial caterers use these rules:

1. If it is a large tea where you are not sure of the number of guests, allow 3 sandwiches and 2 dainties per invited guest.
2. If it is a smaller tea, allow 3 sandwiches and 3 dainties per person.
3. If it is a tea in your own home, allow 4 sandwiches and 3 dainties per person.

Quantities for fifty

Bread for sandwiches	4 loaves of 32 oz. each.
Butter	1½ lbs., well creamed.
Coffee	1 lb.
Cube Sugar	1 lb., allowing 2 cubes per cup.
Cream	1 pint cereal cream plus 1 pint milk.
Olives	2 quarts, allowing 2 per person.
Tea	¼ lb.

AFTER-THE-GAME SNACKS

WIENER WINKS

Yield: 8

8 frankfurters
8 slices sandwich bread
½ c. grated cheese
butter
3 T. chopped onion
3 T. prepared mustard
toothpicks
8 stuffed olives

1. Cover frankfurters with boiling water; let stand 8 min. Drain.
2. Butter bread (crusts removed if desired).
3. Combine chopped onion and mustard.
4. Dip buttered side of bread in grated cheese and spread onion-mustard mixture on unbuttered side. Place a frankfurter diagonally across each slice on onion-mustard side.
5. Fasten 2 opposite corners of slice with toothpick.
6. Place bread side down on broiler pan 3 inches from heat. Broil 2-3 minutes on each side to toast.
7. Perch stuffed olives on toothpicks.

Candy

CHOCOLATE FUDGE

1 c. granulated sugar
1 c. brown sugar
¼ c. corn syrup
½ c. milk
2 oz. unsweetened chocolate
⅛ tsp. salt
4 tbsp. butter

1. Combine sugar, syrup, milk, chocolate and salt in a deep pan and heat.
2. Stir occasionally until sugar melts.
3. Boil gently until the "soft ball" stage (234° F.) is reached.
4. Add butter and boil one minute longer.
5. Let stand until almost lukewarm, then beat until candy loses its gloss.
6. Spread in buttered pan, cut when firm.

MARSHMALLOWS

Yield: 9x12 pan

2 tbsp. gelatine
½ c. cold water
2 c. white sugar
¾ c. water
pinch salt
1 tsp. vanilla

1. Soak gelatine in ½ c. cold water.
2. Heat sugar in ¾ c. water until dissolved.
3. Add gelatine to syrup and bring to boil.
4. Take off stove, let stand until partially cool. (To cool rapidly, put saucepan in cold water.)
5. Add salt and flavoring.
6. Beat with rotary beater or electric mixer, until stiff.
7. Dust pan with icing sugar and pour in ½ inch deep.
8. When set, cut into squares with a knife dipped into cold water, and roll in toasted cocoanut or crushed corn flakes.

PEANUT BRITTLE

1 c. sugar
½ tsp. soda
1 10c bag salted peanuts or
1½ c. unshelled peanuts

1. Mix nuts and soda.
2. Melt sugar in frying-pan; stir constantly and do not allow to darken.
3. Take off heat, stir in nuts and soda.
4. Pour on greased pan, spreading fairly thinly.
5. Cool and break into pieces when hardened.

TOFFEE

1 c. butter
1 c. white sugar
3 tbsp. water

1. Boil ingredients together for 10 minutes stirring constantly with wooden spoon.
2. Pour into buttered pan and mark into squares when cool.

Deluxe Party Fare

CHERRY AND WALNUT SLICE

Oven 350° Yield: 8" x 8" pan 45 minutes

A.
½ c. butter
½ c. sugar
1 tsp. baking powder
1 egg and 1 yolk
1½ c. pastry flour

B.
Topping:
1 egg white
½ c. brown sugar
1 c. chopped walnuts
1 c. chopped glaced cherries

1. A. Sift flour, add sugar and baking powder.
2. Mix thoroughly and rub in butter.
3. Add unbeaten egg and yolk.
4. Mix well, spread in greased tin.
5. Topping: Beat egg white stiff, add brown sugar, nuts and cherries.
6. Spread over mixture in pan and bake.

PEANUT BUTTER SQUARES

½ c. margarine
1 c. peanut butter
12 oz. butterscotch chips
} melt over hot water

Stir in 10 oz. pkg. of colored marshmallows.
Pour into greased 8"x8"x2" pan and chill.

BANANA AND CHERRY SLICE

Oven 350° Yield: 8" x 8" pan 20-25 minutes

A.
1½ c. flour
⅔ c. butter
3 tbsp. brown sugar

B.
24 marshmallows
15 maraschino cherries, cut fine
1 small coarsely mashed banana

C.
Icing:
½ c. butter
¾ c. icing sugar
2 tbsp. cold milk
1 tsp. vanilla
2 tbsp. boiling water

1. Cream together A mixture, pat in pan and bake.
2. Melt marshmallows in top of double boiler (B).
3. Stir in cherries and bananas and spread over baked mixture.
4. Beat well in mixmaster the butter, milk and icing sugar (C).
5. Add vanilla, then lastly 2 tbsp. of boiling water and beat till creamy and smooth.
6. Spread over filling and keep in refrigerator.

COCONUT MERINGUE CAKE

Oven 325°-350° Yield: 8" x 8" pan 40 minutes

A.
½ c. butter
½ c. sugar
4 egg yolks
1 c. flour
2 tsp. baking powder
2 tbsp. milk

B.
4 egg whites
½ c. sugar
1 c. coconut

1. Mix A ingredients according to Standard Cake Method.
2. Pour into greased pan.
3. Beat whites of eggs with dash of salt until they peak.
4. Add sugar slowly; fold in coconut.
5. Cover cake mixture with meringue and bake.

NANAIMO SQUARES

Yield: 8" x 8" pan

A.
- ½ c. margarine
- ¼ c. white sugar
- 3 tbsp. cocoa

B.
- 1 beaten egg
- 1 tsp. vanilla

C.
- 2 c. graham cracker crumbs
- 1 c. finely cut coconut
- ½ c. chopped walnuts

D.
- ¼ c. butter
- 2 c. icing sugar
- 2 tbsp. custard powder
- 2 tbsp. milk

E.
- 2 squares chocolate
- 1 tsp. butter

1. Heat A ingredients in top of double boiler and stir till smooth.
2. Add beaten egg and vanilla.
3. Remove from heat and add C ingredients.
4. Spread mixture in pan and place in refrigerator to set.
5. Cream butter, stir in icing sugar, custard powder and milk (D).
6. Spread over the ABC mixture, and return to refrigerator to set.
7. Melt E together in double boiler and spread hot and very thinly over ABCD mixture, and refrigerate once more.
8. Cut in small squares to serve.

TEA CAKE

Oven 350° Yield: 10" x 14" pan 30-40 minutes

- 1 c. margarine
- 2 c. sugar
- 4 well beaten eggs
- 1 c. milk
- 2½ c. sifted flour
- ½ tsp. salt
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 1 tsp. vanilla

Topping:
- ¾ c. chopped nuts
- ¾ c. sugar
- 1 tsp. cinnamon

1. Mix ingredients by standard cake method.
2. Spread with topping and press this into the dough, and bake.

QUEEN ELIZABETH CAKE

Oven 350° Yield: 9" x 9" pan 30 minutes

A.
- 1 c. dates
- 1 c. boiling water

B.
- ¼ c. fat
- 1 c. brown sugar
- 1 beaten egg
- 1½ c. flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 1 tsp. vanilla
- ½ c. walnuts

C.
- 5 tbsp. brown sugar
- 3 tbsp. butter
- 2 tbsp. cream
- ½ c. coconut

1. Cook A ingredients together for 10 minutes and allow to cool.
2. Mix B ingredients using standard cake method.
3. Stir A mixture into B mixture.
4. Spread into pan and bake.
5. Simmer together C ingredients for 3 minutes.
6. Pour on warm cake, broil under broiler until golden brown.

MILE HIGH LEMON PIE

Yield: 8 servings

- 1 envelope unflavored gelatine
- 1 cup sugar, divided
- 5 eggs separated
- ½ c. cold water
- ½ c. lemon juice
- 1 tsp. grated lemon rind
- 9 - inch baked pie shell

1. Mix gelatine and ½ c. sugar in top of double boiler.
2. Beat egg yolk slightly, stir in water and lemon juice.
3. Add to gelatine mixture and cook over hot water, stirring constantly till gelatine is dissolved and mixture slightly thickened.
4. Add lemon rind, chill until mixture is slightly thicker than unbeaten egg white.
5. Beat egg whites until stiff, adding sugar gradually.
6. Beat until very stiff, gradually fold into gelatine, pile into shell, and chill until firm.
7. May be garnished with whipped cream, nuts or fresh fruits.

PINEAPPLE BREAD

Oven 350° Yield: 8" x 4" x 4" pan 1 hour

A.
- 2 c. flour
- ½ c. white sugar
- 1 tsp. baking powder
- ¼ tsp. salt

B.
- 1 c. chopped dates
- ½ c. chopped walnuts
- 1 beaten egg
- 1 tsp. vanilla
- 2 tbsp. melted fat
- 1 can (15 oz.) crushed pineapple
- 1 tsp. baking soda

1. Sift A ingredients into mixing bowl.
2. Add dates and nuts (B).
3. Combine egg, vanilla and fat.
4. Add to flour mix.
5. Dissolve soda in pineapple and add to mixture, and stir until blended.
6. Pour into greased pan and bake.

ALMOND SQUARES

Yield: 8" x 8" pan

Oven Temperature 325° 25 to 30 minutes

A.
- ½ c. margarine
- 1 c. brown sugar
- 2 egg yolks
- 1½ c. flour
- 1 tsp. baking powder
- 1 tsp. vanilla, f.g. salt

B.
- ½ c. flaked almonds
- 2 egg whites
- 1 c. brown sugar

1. Mix together A ingredients and pat into pan.
2. Top with meringue made of egg whites and brown sugar (B).
3. Sprinkle with almonds and bake.
4. Cool and cut into squares.

ORANGE AMBROSIA SALAD

1 tin (11 oz.) drained mandarin oranges
1 tin (13 oz.) drained pineapple chunks
1 cup flaked coconut
1 c. salad cream
1 c. quartered or small marshmallows

1. Mix all together and chill overnight.
2. Place on individual plates on lettuce leaves.

CHRISTMAS GARLAND JELL-O

A.
1 pkg. (3 oz.) red Jell-O
1 c. hot water
¾ c. cold water
1 medium banana sliced

B.
1 pkg. lime Jell-O
1 c. hot water
¾ c. pineapple syrup
1 pkg. Dream Whip, prepared

C.
20 oz. can drained pineapple tidbits

1. Dissolve red Jell-O in hot water, add cold water, chill until syrupy. (A)
2. Fold in medium banana.
3. Pour into 6-cup ring mold or 9" x 5" x 3" pan.
4. Chill until almost firm.

5. Dissolve lime Jell-O in hot water, add pineapple juice. (B)
6. Chill ½ c. lime Jell-O until syrupy.
7. Fold 1 c. prepared Dream Whip into No. 6.
8. Pour over red Jell-O in mold and chill until almost firm.

9. Chill remaining lime Jell-O until syrupy.
10. Fold in pineapple tidbits. (C)
11. Pour over contents of mold and chill.
12. Unmold.
13. Pile remaining Dream Whip into centre and garnish with almonds and maraschinos.

Preservation Of Food

Preservation of food is the process of preventing spoilage which is caused by the presence of enzymes and micro-organisms. These micro-organisms are moulds, yeasts and bacteria. To live and multiply, these spoilage agents need warmth, moisture and oxygen or air. Their growth can be controlled by:-

1. applying a low temperature (refrigeration and freezing)
2. applying a high temperature (canning)
3. drying (dried fruit or dehydrated foods)
4. excluding air (packing in sand, water glass also canning)
5. Adding preservatives, such as sugar, salt, vinegar (jelly-making, smoking, pickling).

Enzymes

Enzymes are chemical substances which bring about the normal ripening of fruits and vegetables. If not checked they cause spoilage, but are readily destroyed by heat during processing and therefore do not usually cause trouble. If fruit is under-processed, they may not be destroyed and there may be a darkening of the product. This type of spoilage is not harmful and the fruit may be used if the darkening is detected soon enough.

Moulds

Since moulds and their spores are readily destroyed by moist heat, this type of spoilage will not occur so long as the product has been sufficiently processed and remains sealed. A very light growth of mould may be removed from the surface, and the contents of the sealer brought to boiling point and used immediately.

Yeasts

The formation of gas (bubbling) results from yeast fermentation and makes this type of spoilage easily recognized. Since yeasts are readily destroyed by heat, fermentation will not occur if the product is sufficiently processed and the sealers are airtight. Yeast fermentation is not harmful, but imparts a distinct flavor to food. When slight fermentation occurs, boiling the canned fruit with a small amount of additional sugar generally restores the original flavor.

Bacteria

In some cases, bacteria spoilage is readily detected by odor, gas, or cloudiness of the liquid, but in other cases it is not detectable. Some bacteria, such as those causing botulism, produce spores which are extremely difficiult to kill at boiling temperatures unless the food is sufficiently acid, as in the case of fruits and tomatoes. It is therefore recommended that ALL NON-ACID FOODS, that is VEGETABLES (other than tomatoes) and MEATS SHOULD BE PROCESSED IN A PRESSURE COOKER.

If a pressure cooker is not available and the boiling water bath is used, strict attention must be paid to all steps in canning and the full processing time must be given.

(a) Flat Sour

This is the most common type of bacterial spoilage. The food develops an objectionable sour taste or rancid odor and should be discarded. The liquid is usually cloudy. It is most often found in peas, beans, corn and tomatoes.

(b) Botulism

Bacteria which cause botulism are mostly found in the soil and are present on the outer skins of many vegetables. If vegetables are allowed to stand several hours after gathering, it is much more difficult to destroy the bacteria. The spores, when not destroyed in the canning process, produce an extremely poisonous toxin in the food which may cause serious illness or death. This toxin will be destroyed if the HOME-CANNED vegetables (except tomatoes) are boiled for ten minutes in an uncovered saucepan before even tasting. Never taste any canned food you suspect. Destroy it, preferably by burning.

Sealers that have spoiled food in them should be sterilized, to prevent a second spoilage. Boil sealers and lids ten minutes in a solution of ½ cup of washing soda to one gallon of water.

Rules For Canning Fruits And Vegetables

I. Check containers

Carefully examine each part of the sealer. See that the sealer is not cracked and that the rim and glass lid are not chipped. Use new metal screw bands to replace any that have become cracked, bent, stretched or corroded. Make sure rubber rings fit tightly.

II. Prepare containers

1. Wash sealers and glass lids thoroughly in hot, soapy water and rinse well with clear, hot water.
2. Half fill each sealer with boiling water and place in rack in canner containing sufficient water to come about half way up sealer. If using glass lids, place on sealers.
3. If using oven, place empty sealers on oven rack. If glass lids are used, place on sealers. Heat oven to 200 degrees using bottom heat only.
4. Remove sealers from water or oven as needed.
5. Dip rubber rings and metal lids into boiling water before placing on sealers.

III. Prepare syrup

Allow ¾ cup syrup per pint of peaches, apricots, plums or pears, and boil 5 minutes. Keep hot. Syrup may be of different consistencies. For one cup moderately thin syrup for such fruit as peaches use:

½ cup sugar (sugar equals ½ amt. syrup desired)
¾ cup water (water equals 1½ x amt. of sugar)

IV. Prepare fruit or vegetables

1. Sort—for size and ripeness. Under or over ripe fruit and vegetables should not be canned, nor should bruised or spotted fruit.
2. Wash—thoroughly, a small quantity at a time.
3. Blanch—Blanching consists of placing food in boiling water for 15-60 seconds, and then dipping immediately in cold water. Blanching loosens the skins so they will slip off easily. The food should be removed from the cold water as soon as cool enough to handle. Only sufficient fruit for 2 or 3 containers should be blanched at one time.
4. Peel and slice if desired.
5. Brine Bath—Will prevent fruits such as peaches, pears and apples from turning brown. Use 1 tsp. salt to 1 quart cold water. Change brine as it becomes discolored. Long standing in brine produces a salty flavour.

V. Pack into containers

Work as quickly as possible when packing prepared vegetables into container. To prevent sealers cracking, place the hot, empty sealers on a dry cloth or folded paper. Fill the containers, one at a time, packing the food to within 1 inch of top of sealer.

Then add liquid, leaving necessary headspace. After filling, work out air bubbles by running the blade of a knife down the sides of the container. With large fruit, tilt containers to allow any trapped air to escape. Do not fill more containers than your processor will hold.

Two methods of packing are commonly used in canning. COLD PACK and HOT PACK. The Cold Pack method should be used for fruit and tomatoes only. The Hot Pack method MUST be used for all vegetables, except tomatoes, but it may also be used for tomatoes and most fruit.

COLD PACK METHOD

FRUIT—Prepare syrup according to direction. Pack fruit raw and cold into containers, then cover with hot syrup to within ½ inch of top.

TOMATOES—Pack raw tomatoes into containers, cover to within ½ inch of top with hot tomato juice and add salt OR pack raw tomatoes into containers, pressing down until they are covered with their own juice and add salt.

HOT PACK METHOD

FRUIT—Prepare syrup according to directions. Simmer fruit in a small amount of the syrup in a large kettle, then pack into containers and cover with the hot syrup. Add extra syrup if necessary. Only sufficient fruit to fill three or four containers should be simmered at a time, otherwise the fruit may be unevenly cooked.

When processing peaches, pears, apricots, or apples in the oven, the HOT PACK method should be used. If these fruits are packed cold and oven-processed, they are apt to discolour.

HEADSPACE

Headspace is the space between the surface of the liquid and the rim of the container. Leaving proper headspace helps to prevent loss of liquid from sealers.

Fill glass sealers with liquid to within ½ inch of top.

VI. Close containers

After filling container make sure there are no seeds or particles of food adhering to the rim. To close screw-top sealers fit wet rubber rings on glass lids and put in place. Partially seal by screwing metal band tightly. Loosen slightly, unscrewing not more than one inch.

VII. Process fruit and vegetables

Have processor ready so the container may be placed in it immediately after closing. NEVER ALLOW FILLED SEALERS TO STAND AND COOL BEFORE PROCESSING.

PROCESSING is the heating of filled containers to a sufficiently high temperature for a sufficiently long time to destroy any bacteria, yeasts or moulds that might cause the food to spoil. Undesirable changes in the food, due to the action of enzymes, are prevented by proper processing.

Allow exact processing time. Count time from the moment the water in the boiling bath starts to boil vigorously or the temperature in the oven returns to 275 degrees Fahrenheit. Processing time for pints of peaches or pears is 20 min., for plums, 15 min.

Food may be processed in one of the following ways:

1. Boiling Water Bath
2. Pressure Canner
3. Steamer
4. Oven

Oven canning is not recommended as the oven temperature is not so constant or controlled as the boiling water bath. Oven temperature fluctuations are caused by the oven cycling on and off and by variations between desired temperature set and actual temperature reached inside the oven.

WHEN USING A BOILING WATER BATH—

1. Place filled sealers on rack, one inch apart. The water in the bath should be near the temperature of the filled containers.
2. Add boiling water to cover tops of sealers or cans by at least two inches. Do not pour boiling water directly on sealers, as tops may crack.
3. Put cover on boiling water bath.
4. Bring water to boiling point. Start to count processing time from moment water is actually boiling vigorously, not just beginning to show bubbles.
5. Keep water boiling until processing is finished. If necessary, add boiling water to keep two-inch depth over containers.
6. Process the required time for fruit or vegetable. (See Time Table for Processing of Fruits and Vegetables.)
7. Immediately remove sealers or cans from water bath to prevent over-cooking.

VIII. Seal containers

1. After removing glass sealers from processor, place on folded dry cloth or newspapers. To avoid cracking, do not place hot sealers in draughts or on metal or porcelain surfaces.
2. As soon as all bubbling in sealers has ceased, tighten tops on screw-top sealers by giving the metal bands a final turn.

IX. Cool containers

1. Cool sealers in an upright position, out of draughts and uncovered.
2. Leave space between sealers while cooling.
3. Never tighten or remove the band after a screw-top sealer is cold. This may break the original seal.

Test for Seal

When cold, carefully invert each one for a minute or two to see if there is leakage.

X. Store containers

1. Before storing, wipe containers with a damp cloth, then dry thoroughly.
2. Label containers.
3. After one week examine each sealer for any signs of spoilage and tin cans for leakage or bulging.
4. Store containers in a dry, dark place where the temperature is uniform, preferably cool, but where there is no danger of freezing. If the storage place cannot be kept dark, wrap each sealer in newspaper or store in cartons since light affects the colour of the food.

ORDER YOUR FREE BOOKLET ON CANNING AND HOME-FREEZING FROM THE CONSUMER SECTION, DEPARTMENT OF AGRICULTURE—OTTAWA.

Jelly And Marmalade

Pectin Test. Add 1 tbsp. alcohol to tsp. fruit juice. If there is a thick mass of precipitate, it shows that no commercial pectin is needed. If there is a heavy precipitate and the juice is very acid, use 1 cup sugar to 1 cup juice. For juice not so acid use ¾ cup sugar. When commercial pectin is used, follow directions on package.

Jelly Test. Dip a large spoon into syrup. Hold up horizontally. When the jellying stage is reached, the drops run together to form a sheet, or two drops form side by side on the edge of the spoon.

Storing Jelly. Skim, pour into sterilized jars, or ladle into sterilized glasses. For long storage cover jelly with ⅛ inch melted paraffin.

QUICK JELLY

Yield 54 oz., or 6 glasses

3 cups canned fruit juice (pineapple or grapefruit)
1 package Certo crystals
3½ cups sugar

1. Mix juice and Certo and bring to boil.
2. Add 3½ cups sugar.
3. Boil one minute or until you get the jelly test.
4. Pour into glasses.

Variation: Divide into 3 portions, add peppermint flavour and green vegetable coloring to one, strawberry flavor and red color to another, orange flavor and color to another. Makes a nice gift package.

PRESSURE COOKER MARMALADE

35 minutes

2 cups sliced oranges
¼ cup sliced lemon
3½ cups water
3¼ cups sugar

1. Wash fruit, remove stems and slice as thinly as possible. Cut slices into quarters.
2. Place fruit and water in pressure cooker and cook 3 minutes.
3. Cool under water, remove lid. Add sugar.
4. Cook rapidly till jell test is reached.

Laundry

Clean clothes are just as important as wholesome meals to you and your family's sense of well-being. Cleanliness and good general health are the foundation of an attractive appearance.

Laundry is really the care and understanding of fabrics. It is no longer the simple matter of dealing with natural fibres such as cottons, linens, woolens and silks. Today we have the world of synthetic fibres developed for special uses -- for wrinkle resistance and light packability, for lack of weight yet warm comfort in sports clothes, for livability with "wash 'n wear" clothes.

The laundry area must take care of four important steps in laundering: 1) Preparing for washing, 2) Washing, 3) Drying, 4) Pressing and Ironing. Equipment and supplies for each job should be near at hand.

1.) PREPARATION FOR WASHING:

1. Know the fibre content of the articles to be washed. Be sure to read labels and keep tags from garments and clothes to be laundered. Some garments need to be washed according to special rules to retain their appearance.
2. Sort all articles according to the kind and amount of soil, the fibre content, the fabric weight and color. Wash white clothes separate from colored clothes to prevent color exchange. The best wash load is made up of pieces that vary in size and shape.
3. Watch for rips, tears and holes in fabrics. Mend before washing to prevent further damage.
4. Pre-treat or remove all stains — check with stain removal chart, at end of laundry section. -- page ——.
5. Pre-wash heavily soiled areas such as collars and cuffs on shirts and blouses.
6. Close all zippers and hooks on garments, empty pockets, turn down cuffs. Tie belts and such in a loose knot. Place fragile articles in a loose bag to prevent them from tangling and strain in washing.

2.) WASHING:

Each washing method must do the basic job of removing soil from fabric. Dirt is dissolved by the solvent water. Cleaning is helped along by using a cleaning agent such as a soap or syndet and by the movements of the fabrics through the washing solution. The cleaning process is carried further by several rinsings.

Hardness of water

Soft water is desirable for laundering because it takes less soap and also takes less syndet and does a better job of removing soil than hard water does. Soft water is fairly free from the minerals which cause soap to curd in hard water. In laundering the curd collects in the ridges of the yarns and stays on the clothes, eventually causing the clothes to turn grey or yellow. When syndets are used in hot water a curd does not form.

Minerals in hard water can be removed by running water through a mechanical water softening tank.

Packaged softeners such as Calgon, are also available. It is added to the wash water and the rinse water to prevent curds. However with modern synthetic detergents, water softeners are seldom needed in the wash.

Detergent:

A detergent is any agent that dissolves grease and frees dirt. Some detergents have "builders" added which are alkaline substances that help to soften the water and improve the cleaning effectiveness.

Almost all detergents contain optical brighteners which are fluorescent dyes. They reflect daylight or fluorescent light. Their incorporation into soap and detergents alleviates the need for bluing agents in the rinse water.

There are two types of detergents:

1. Soaps which are made from fats, alkali and salt.
2. Syndets which are synthetic detergents.

Soaps for laundering:

1. **Mild,** light duty, unbuilt soap (for sheer, delicate fabrics, woolens and non fast colors).
   Examples: Ivory Flakes, Ivory Snow, Lux Flakes, Maple Leaf
2. **Heavy duty** -- all purpose, built soap. Pure mild soap with alkaline ingredients (builders) and water softening materials generally added.
   Example: Fels Naphtha.
3. Numerous special products — so called "cold water soaps" usually reserved for hand laundering.

Synthetic detergents:

1. **Light duty-Liquids** (for delicate fabrics, non fast colors and dishwashing).
   Examples: Encore Liquid, Gentle Fels Liquid, Gay, Go, Ivory Liquid, Joy, Lux Liquid, Maple Leaf Liquid, Swan, Thrift, Trend, Vel Liquid.
   Light duty-Powders (for delicate fabrics, non fast colors and dishwashing).
   Examples: Dreft, Vel.
   Heavy Duty—All purpose Liquids: Ideal for all fabrics.
   Examples: Rinso, Wisk.
   Heavy Duty—All purpose Granules or Powders
   Examples: All, Bonus, Breeze, Cheer, Dash, Duz, Encore, Extra, Fab, Oxydol, Rinso, Super Suds, Surf, Tide.
   Controlled or low sudsing:
   Examples: All, Dash.
   (For front loading washers, use a low sudsing detergent to assure proper washing results).

Bleaches:

Bleaches are used to make fabrics look whiter. Check labels for washing instructions before a bleach is used.

1. **Chlorine Bleach:** excellent for the bulk of the family wash. Can be used on cottons, linens, and some synthetics (check label). If there is any iron in your water supply, chlorine bleach should not be used, it will increase yellowing.
   Liquid -- Liquid chlorine is measured, diluted with at least one quart of water added to the wash water after agitation begins. If bleach and optical brighteners are added to the wash water at the same time they cancel each other out and neither works. Examples: Javex, Perfex.
   Granules -- are safer to handle, harmless to fabrics while dry, as chlorine bleach is not released until granules are dissolved in water. Example: Dry Javex.

2. **"All Fabrics" — dry oxygen type bleach** — Safe for use on all fabrics and colors, also safe for use in water which contains iron. These products act as a preventative rather than remedial bleaches.
   Examples: Lestare, Javex oxygen bleach.
3. **Reducing Bleaches**: The reducing type bleach may be used to remove color and old-age yellowing, and may be used to whiten lingerie.
   Examples: Rit, Tintex.

Bluing:
Bluing makes yellowed clothes look white, it does not clean clothes or remove greyness. It is bought as granules, flakes, powders, cakes or liquids. It is not used as often to-day, since many detergents have bluing added to them.
— Never use blue detergent with bleach since the two have opposite effects.
— Use liquid or solid bluing after all detergent is removed.

Fabric Softeners:
Fabric softeners add softness and fluffy appearance to fabrics. They should be added only in the last minues of the final rinse. They tend to minimize wrinkling and make ironing easier. They prevent the build-up of static electricity on man-made fibre fabrics and blends including them.
Examples: Fleecy, Nu-Soft.

Starches:
Starches, properly used, give washable fabrics the desired degree of crispness and smoothness. It helps to prevent fabrics from absorbing soil. Wash-and-wear fabrics should not usually be starched, for starching reduces their wrinkle resistance.
There are three types of starch available to-day: dry, liquid and aerosol.

Dry Starches
1. Hot water starches are made by creaming the starch in cold water and adding boiling water. These starches do an excellent job because their heat relaxes the natural fibres of the garments and lets the starch penetrate the fibres.
   Ironing is easier, garments are smoother, and they stay fresh longer.
2. **Liquid starches** are concentrated in liquid form. Water is added to prepare for use.
3. **Spray starches** are used at the ironing board. You just spray the desired area and iron. They are the most convenient type of starch available.

WASH 'N CARE CHART

Natural Fibres			
Fabric	*How to Wash*	*How to Dry*	*How to Iron*
Cotton	Machine wash. Hot water for white or colorfast items; warm water for non-colorfast. Chlorine bleach may be used for white or colorfast fabrics.	Tumble or line dry.	"Cotton" setting on iron.
Wash 'n' Wear Cottons	Follow hang tag instructions (and check them for compatibility with chlorine bleach). Usually, hand or machine wash in warm or hot water, rinse in cool.	Tumble or line dry.	If a blend, iron according to the lowest-temperature fabric in garment. Otherwise, "cotton" setting on iron.
Linen	Machine wash in warm or hot water; use warm for delicate linens.	Tumble or line dry — or don't dry at all! Linen has to be very damp to iron well.	Hottest setting on iron! Iron while very damp; first on wrong side, then on right. (For full finish, iron wrong side only.)
Silk	Check hang tag for washability. Hand wash in lukewarm water. Do not rub or twist.	Roll garment in turkish towel to press out moisture; hang briefly on rust-proof hanger, away from heat or sun.	Best ironed while damp, before completely dry. Use "silk" setting on iron.
Wool	Check hang tag. If garment is washable, hand wash in cool water with wool detergent (unless hang tag specifically states that garment is machine washable; some woolens are).	If hand-washed, roll in turkish towel to press out moisture; shape garment, hang to dry.	Steam press. A steam iron is ideal if you have one. Otherwise, use "wool" setting on iron and press fabric on wrong side through a damp cloth.
Wool Knits, Sweaters	Before washing, trace pattern of garment or record measurements. Hand wash in cool water with one of the fine wool detergents meant for this purpose.	Roll in turkish towel to press out moisture. Re-shape garment to measurements and dry flat — away from heat.	Sweaters won't need any. Knit dresses or skirts may be steam pressed if needed.
Synthetic Fibres			
Acetate	By hand, in warm water. Squeeze gently, do not wring or twist. Do not use chlorine bleach.	Line dry, or lay garment flat on turkish towel.	Lowest setting on iron dial. Iron on wrong side, when nearly dry.
Arnel (Triacetate fibre)	Look for official "Arnel" hang tag. Machine washable in warm to hot water, depending on color.	Line dry. Fabric is quick-drying.	Use "wool" setting on iron dial.
Ban-Lon (Nylon polymer)	Machine washable. Do not wash white with colors. May use chlorine bleach on white garments.	Tumble dry on "fluff dry" setting. Or, lay sports garments flat on turkish towel.	Seldom needs ironing. For touch-up, use lowest setting on iron.
Creslan (Acrylic fibre)	Refer to hang tag. Usually may machine wash, in warm to hot water.	Tumble dry; or hang to dry on rust-proof hangers.	Little or no ironing needed. Use lowest setting on iron.
Dacron (Polyester fibre)	Machine washable in warm water; use wash 'n' wear cycle.	Tumble dry.	Use lowest setting on iron.
Fortrel (Polyester	See hang tag instructions; some garments should be	Tumble or line dry.	Little or no ironing needed. Use

fibre)	dry cleaned. Others are machine washable in warm to hot water, depending on color.		lowest setting on iron.
Lycra (Stretch fabric)	Machine wash in warm water. Foundation garments or swim suits will yellow with suntan lotions, body oils, perspiration. Do not use chlorine bleach.	Line dry, away from heat.	No ironing needed.
Nylon (Nylon polymer)	If very soiled, pre-treat with liquid all-purpose detergent. Machine wash in hot or warm water. Do not wash white nylons with colors. Chlorine bleach may be used with white fabrics.	Tumble or line dry. Line dry window curtains.	Use lowest setting on iron dial.
Orlon (Acrylic fibre)	Machine washable in warm water.	Tumble dry.	Use lowest setting on iron dial.
Pellon (Interfacing)	Hand or machine washable. When used in interfacings follow instructions for outer fabric. When used alone, wash by hand.	In interfacing, follow instructions for outer fabric. Alone, drip dry.	In interfacings, set temperature for outer fabric. Alone, lowest setting on iron.
Permanent Press (Koratron)	Pre-treat grease stains or heavy soil with liquid detergent. Use cool prewash, then wash on wash 'n' wear cycle in warm to hot water, depending on fabric and kind of soil.	Tumble dry on wash 'n' wear setting and remove from dryer immediately to prevent wrinkling. Heavier garments, such as jeans, may be line dried.	No ironing needed. If touch-up is required, use low setting on iron.
Rayon (Regenerated cellulose fibre)	Most sturdy rayons are machine washable. Use short wash time, since fabric weakens when wet. Sheer or woven rayons should be washed by hand.	Tumble or line dry.	Use low setting on iron dial.
Spandex (Stretch fabric)	Check hang tag instructions. Heavier, more sturdy garments may be machine washed in warm water. Less sturdy garments should be washed by hand.	Again, check hang tag. If you use dryer, tumble dry at moderate temperature.	No ironing needed.

Adapted from Chart to give fabrics proper laundry care by:
United States Chemical and Borax Corporation

3.) DRYING:

Drying may be the last step in the laundering process for some items. Generally, articles that may be machine washed may also be dryer-dried. Follow instructions that come with the dryer. The length of time for drying washed fabrics will have to be learned. Over-drying fabrics causes shrinkage.

Do not dry in a dryer:

1. *Articles cleaned in dry cleaning solution.*
2. *Cleaning cloths saturated with wax even though washed.*
3. *Plastic buttons, plastic raincoats or shower curtains.*
4. *Loosely woven woolen knits.*
5. *Foam rubber articles.*
6. *Fabrics of glass or metallic fibres.*

Drip drying: If the label specifies "drip-dry", the garment should be hung to dry while dripping wet to avoid wrinkling during the drying process.

4.) PRESSING AND IRONING:

Clothes that have been washed, dried and dampened are "ironed".

Pressing is usually done on a newly constructed garment or to freshen up a clean worn garment.

Pressing is a series of little pats with the iron rather than the gliding motion used in ironing. For both operations an iron with a temperature control is desirable. A steam iron is convenient, especially for use with linen, wool and synthetic fabrics. Pressing is an up and down action with a hot iron and steam. You will need a pressing cloth for best results. When the cloth is laid in place and dampened, you can press fabrics on the right side. If you use the cloth with a steam iron, the cloth does not need dampening.

To iron an article, get it ready in advance. Clothes requiring dampening should be sprinkled uniformly with warm water, then folded or rolled up and placed in a plastic bag and allowed to stand for an hour or two. Avoid leaving dampened clothes where it is warm, to prevent mildew. If the dampened clothes cannot be ironed immediately, place them rolled up, into the freezer or refrigerator where the cold will prevent mildew, or hang them to dry. Linens and heavily starched cottons are ironed while very damp, rayons and silks should be fairly dry.

When ironing, start with the clothes that require the lowest heat setting indicated by the fibre content. Use low temperatures for synthetics, medium for silk and wool, and high temperatures for cotton and linen fabrics. If the fabric is a blend use the temperature setting recommended for the most delicate fibre in the garment.

— Smooth out items on the ironing board before ironing.
— Iron with the grain of the fabric using a light, gliding motion.
— Iron fabrics until they are completely dry.
— Iron fabrics on the wrong side if they tend to become shiny.
— Use a pressing cloth to touch up the right side over zippers, etc.
— Place embroidered designs face down on a thick terry towel and iron on the wrong side.
— Iron skirt hems on the inside, using a pressing cloth.
— If the area is double thickness, iron on the wrong side first, then on the right.
— Place the freshly ironed garment or article on a hanger or rack, and allow to dry thoroughly before putting away.

How to iron a blouse

1. Adjust the iron to the temperature required for the fabric in the blouse.
2. Shake out the blouse to remove deep folds or wrinkles.
3. Smooth out one sleeve on the board and iron it on the top and bottom. If you have a sleeve board you can iron the sleeves so that you do not have a crease in it.

4. Repeat with the other sleeve.
5. Iron the yolk if there is one on the blouse.
6. Iron the collar, pressing from the edges to the neck seam.
7. Slip one shoulder of the blouse over the narrow end of the board and iron it. Repeat with the other shoulder.
8. Iron the back and front sections of the blouse. If the area is a double thickness, iron on the wrong side first, then on the right.
9. Iron the details that need extra touching up.
10. Place the blouse on a hanger, closing top fastener so as to retain the shape.

How to iron table linens

Table lines should be ironed on the wrong side and then on the right side to give them a sheen.

Fold selvedge to selvedge, right side out. Iron first on one side and then on the other. Fold again lengthwise. Iron again on both sides. Fold to put away but do not press crosswise seams. Unnecessarily sharp creases weaken the fabric.

Fold lightly for storing.

CARE AND USE OF EQUIPMENT

It is important to know exactly what your washer or dryer will do — or will not do. Some washers are completely automatic in all functions, such as dispensing various laundry aids when needed and deciding on proper temperatures, speeds and timing according to fabrics. Other models may wash clothes equally well but these require more attention from the operator.

Automatic Washers:

— Balance the load to be washed to prevent the machine jumping around the floor; avoid overloading.
— Except for occasional cleaning an automatic washer requires little attention. However, give the washer an occasional thorough cleaning — use clean water and a water softener, and let the washer run through a complete cycle automatically.
— After each washing, dry the inside of the washer thoroughly and leave the lid ajar for a while.

Wringer Washers

Understand the safety provisions provided when using an electric wringer. Proper sorting of clothes and loading of the washer are important.

After washing, drain the tub immediately. Add fresh water and operate the motor until the tub and agitator are thoroughly rinsed. Remove the agitator and wipe clean and dry, and dry the tub. Clean lint from the lint screen. Wipe rollers with a damp cloth and release the pressure. Leave the washer cover slightly ajar. Lower the water discharge hose and drain completely. Follow the manufacturer's direction for oiling and lubrication.

Electric Dryers:

Understand the operation of the controls of the dryer.

1. Time drying: you set the control for the drying time you need. The machine shuts off automatically.

2. Automatic drying: The dryer shuts off automatically when the clothes are dry regardless of kind or size of load.

Electric dryers require very little care. They should be wiped out occasionally. The lint trap must be cleaned after each use.

Irons:

There are three types of irons.

1. Dry
2. Steam and Dry
3. Steam, Spray and Dry

The dry iron is used mainly for pressing and for ironing dampened garments.

Steam-dry irons can be used for steam pressing and for regular ironing. The spray attachment is useful to iron out unwanted wrinkles.

Do follow the manufacturers' directions about the use and care of your iron. Soft or distilled water should be used in steam irons to prevent scaling. Some manufacturers recommend distilled water only.

If the directions say to empty a steam iron do so while the iron is hot so that heat can dry it out thoroughly. Store the iron standing on its heel. Clean the warm sole plate of an iron with a moist scouring pad, then wipe with a slightly damp cloth.

Stain Removal

Before washing, it is most necessary that all stains be removed for sometimes the soap or even hot water will set a stain or make its removal impossible.

General Rules:

Know the fibre of the material. Determine the cause of the stain. Use the type of stain remover that will not injure the material.

NOTE: Resin-treated fabrics turn yellow when chlorine bleach is used. Sodium perborate is recommended.

Classes of Stain Removers:

1. Solvents, which dissolve the stain, are carbon tetrachloride, milk, commercial solvent, alcohol, ether, and water.
2. Absorbents, which absorb the stain, are cornmeal, oatmeal, cornstarch, talcum, french chalk, blotting paper.
3. Bleaches, which remove the stain by bleaching it out, are—lemon juice, vinegar, oxalic acid, salts of lemon, ammonia, commercial bleaches. Bleaches may also remove the colour from the material and should only be used if solvents or absorbents are ineffective.

NOTE: Do not use inflammable solvents at home. Keep a window open when using carbon tetrachoride.

Gum

Scrape off excess with a dull knife. Hold a piece of ice against the gum. This will make it easy to remove the bulk of the gum by scraping. Sponge with a commercial solvent or carbon tetrachloride. Press between

two sheets of blotting paper with a hot iron, changing the paper frequently, until all marks of the gum are removed.

Lipstick

1. Washable materials may be sponged with carbon tetrachloride and washed with soap and water. Any remaining stain may be bleached out with chlorine bleach or hydrogen peroxide.

2. For non-washable materials, sponge with carbon tetrachloride.

Berry, Tea or Coffee Stain

1. Spread the stained part over a bowl and pour boiling water over it, holding the tea-kettle spout at a height of about two feet above the stain, so as to strike the stain with force.

2. Plunge the stained part of the garment up and down in the hot water until the stain is removed.

Peach Stain

These are not easy to remove and one should be careful not to wipe hands covered with peach juice on a good napkin or towel.

Try the method used for berry stains first. If not effective, use the following.

1. Stretch stain over a bowl of hot water and apply bleach with a medicine dropper. Do not allow it to remain in contact with the stain for more than a minute, otherwise the bleach will rot even cotton and linen.

2. Apply oxalic-acid solution to neutralize the alkali and rinse thoroughly in hot water. Several applications with immediate neutralization may be necessary for persistent stains.

Blood and Meat Juice

1. Never put into hot water, as this sets the stain. Soak in cold water or lukewarm water at once. Rub with soap and wash.

2. A paste of raw starch mixed with cold water will remove these stains on flannel, blankets, and heavy goods. Repeat until the stain disappears.

Egg Stain

1. Wash in cold water, then warm water and soap.

Cream, Chocolate, Cocoa

1. Same as egg.

2. If material cannot be washed, used a solvent such as carbon tetrachloride. Place the stained goods over a pad of cloth. Apply the solvent with a clean cloth, preferably the same color as the material stained. Work from the edge of the stain to the centre to avoid a ring. Change the underpad frequently.

Grease

Rub with lard or sponge with carbon tetrachloride, then launder if garment and material are washable. If garment cannot be laundered, sponge with carbon tetrachloride.

Bluing

1. Boil the stained material 20 minutes.

2. Add vinegar if a bleach is necessary.

Ink

Inks differ, so it may be necessary to try more than one method of removing.

1. Soak fresh stains in sour milk or buttermilk.

2. Potassium permanganate, used alternately with oxalic acid, will remove obstinate stains. This is a bleach and cannot be used on colored materials or silk or wool.

3. Launder in warm soapsuds.

4. Commercial ink remover is effective on white cotton and linen materials.

Indelible Pencil

1. Soak in alcohol and wash with water and soap.

Grass Stain

1. Wash at once with water and soap. Use heavy suds.

2. For colored materials sponge with alcohol or ether.

Iron Rust

1. Use salt, lemon juice, and sunlight.

2. Salts of lemon is an alternative.

Iodine

Soak or sponge with dilute ammonia solution.

Mildew

1. If stain is fresh, wash with cold water and soap. Dry in sun.

2. If stain is old, bleach with a commercial bleach in solution. Wash in hot water and place in sun. Old stains are almost impossible to remove.

Paint or Varnish

1. Use warm water, ammonia and soap. Launder promptly.

2. Dry in the sun. If color is gone, nothing can be done.

Scorch

1. If fibre is not injured, wash in soap suds, rinse in clear water and hang in the sun.

However, if fabric is damaged, little can be done. A cloth, moistened in hydrogen peroxide, may take away some of the scorch.

To restore brightness to grayed Dacron

1. Dissolve 1 cup Calgonite per gallon of warm water, using a plastic or enameled pail. Stir with a wooden spoon.

2. Immerse garment and soak overnight.

3. Place container under faucet and overflow rinse for 10 minutes. Rub soiled areas with soft brush or sponge for several minutes.

4. Wash garment thoroughly in regular manner.

Guide For Selecting Pots And Pans

Aluminum—Conducts heat quickly and evenly, holds heat well if of medium or heavy weight; it is easy to handle, does not rust or chip, is easy

to keep clean and very durable, if of good grade. But if too light weight it bends or dents, conducts heat so well that pies may not brown well on the bottom. It can be stained by certain alkaline foods, household materials or hard water. Choose medium or heavy weight stamped, or cast aluminum. Choose dull bottoms and tightly fitting covers, in a size to fit unit, burner or oven, and your needs. Look for firmly attached handles that fit your hand comfortably.

Heavy stamped and Cast Aluminum—Lasts a lifetime if cared for properly.

Ironware—Heats evenly and holds heat well, very good for slow cooking, durable, improves with age; handle is permanent. But it heats slowly, the handle becomes hot, will rust if not kept dry and oiled, is heavy to lift and may break. It should be "cured" before using.

Tinware—Is light in weight, absorbs heat rapidly and heats fairly evenly after the bright finish disappears, is easy to keep clean and inexpensive. But strong food acids like tomatoes and rhubarb dissolve tin and affect the taste. It will rust if not properly cared for, and it conducts heat poorly when new. Scouring of tin removes the tin coating and causes the pan to rust. Remove burned-on food by boiling soda and water in the pan. Use 3 tablespoons soda to 1 quart of water, boil 3 to 5 minutes.

Stainless Steel Without Copper Bottom—Holds heat well, does not dent easily, is not affected by acids or alkalis, and seldom needs polishing. But it absorbs heat slowly, conducts heat unevenly and gets hot in spots. When overheated it develops brownish spots which cannot be removed, and it may warp. Always buy utensils made of good weight steel, heat slowly and use over low heat.

Stainless Steel With Copper Bottom—Heats quickly and evenly, does not develop hot spots, and the copper bottom prevents warping. But the copper tarnishes readily, and is actually more efficient when dull because the heat is absorbed.

Stainless Steel With Chromium-Covered Copper Bottom—Does not tarnish, conducts heat evenly and quickly. But it is not as efficient as the uncovered copper because the chromium reflects (throws off) some heat. Too much scouring may remove the chromium finish.

Porcelain-clad steel — Porcelain finishes are extremely durable and resistant to cracking and chipping. They come in a wide spectrum of colors and choice of patterns. Some of the utensils have non-stick finished interiors.

Enamelware—Absorbs and holds heat well; will not stain easily unless it has become roughened by acids or scouring. It is lightweight and easy to handle. The double boiler is liked for cooking sauces, custards and fillings. But procelain enamel conducts heat unevenly and may develop hot spots; good quality enamel is comparatively expensive, it marks if a metal spoon is used, chips and cracks if not properly cared for, and covers seldom fit absolutely tight. Avoid buying enamel with flaws; start cooking over low heat; do not change heat suddenly and keep from boiling dry.

Glassware—Food can be seen, conducts heat slowly and evenly, holds heat well, may be used for cooking and serving. But it will crack with sudden changes of temperatures, causing possible accidents. When hot, it may break when spotted with cold water or if set on a cold table, in a draught, or handled with a wet cloth. Glass ovenware cannot be used on top of the range.

Heat resistant glass is available in a wide variety of colors, styles and patterns. They may have special holders to equip them for range to table service.

Earthenware—Is colorful and attractive, may be used for serving; heat is conducted slowly, evenly, and is held for a long time. But sudden changes in temperature may produce fine cracks in the glaze. If glaze is cracked or worn off, earthenware cannot be cleaned thoroughly.

Pyroceram (Corning Ware)—Is non-porous, highly resistant to cracking, crazing and scratching. It withstands extreme temperature changes, may be taken from refrigerator to oven.

When used for frying over high heat, food is inclined to stick and scorch, and sometimes is difficult to clean. Steel wool should not be used for cleaning it.

Non-stick finishes — More durable non-stick finishes are now being used. Utensils should be lightly oiled with cooking oil the first time they are used. All non-stick utensils should be washed after use in hot sudsy water.

NOTE: ALWAYS CURE UTENSILS MADE OF IRON, TIN OR CAST ALUMINUM BEFORE USING UNLESS THIS HAS BEEN DONE BY THE MANUFACTURER. WASH WELL IN SOAPY WATER, RINSE AND DRY, COVER THE ENTIRE SURFACE OUTSIDE AND IN WITH UNSALTED GREASE AND PUT IN WARM OVEN FOR SEVERAL HOURS. WASH AGAIN IN SOAPY WATER AND DRY THOROUGHLY.

Care of Pots and Pans:

To preserve the good appearance and looks of cookware, follow the manufacturer's recommendations for care and use.

Why is Sugar so Good for You?

Nutritionists say that the average 150 pound man requires a daily allowance of about 3000 calories, or heat units, for energy, growth and health. A moderately active woman weighing 120 pounds requires 2500 calories. About 85% of these calories are used for energy, and sugar — with only 18 calories in a level teaspoon — is the quickest source of energy known.

Almost immediately after you eat sugar-sweetened food, your blood sugar level will rise. When this level is low you get hungry. When it is normal you feel satisfied. That's why sugar can be helpful in the diets of persons trying to reduce or maintain weight because, when eaten before or at the beginning of a meal, it tends to curb the appetite and removes the desire to overeat . . . something that artifical sweetners can't do.

Sugar, of course, is just one of many excellent foods and it has a valuable place in every well-balanced meal. It makes eating fun and adds zest to hundreds of dishes. It makes sour foods sweet, and, as a preservative, helps to provide you with delicious fruits the year round. A pure carbohydrate, easily digested, it adds much energy value to natural and prepared foods of every description.

SOME METRIC CONVERSIONS FOR PEOPLE WHO COOK

WEIGHT

1 oz = 28.3 g (ounces × 28.3 = grams)
1 g = .035 oz (grams × .035 = ounces)
1 lb = 453 g (pounds × 453 = grams)
1 lb = .453 kg (pounds × .45 = kilograms)
1 kg = 2.2 lb (kilograms × 2.2 = pounds)

LIQUID CAPACITY (IMPERIAL)

1 fl oz = 28.4 ml or 28.4 cc
(fluid ounces × 28.4 = millilitres or cubic centimetres)

1 ml or 1 cc = .035 fl oz
(millilitres or cubic centimetres × .035 = fluid ounces)

Half-pint = .28 l

Pint = .56 l (pints × .56 = litres)

1 l = 1.75 pt (litres × 1.75 = pints)

1 qt = 1.1 l (quarts × 1.1 = litres)

1 l = .88 qt (litres × .88 = quarts)

Published through the courtesy of
THE B.C. SUGAR REFINING CO. LTD.
P.O. Box 2150, Vancouver, B.C.
V6B 3V2